

JSS College of Physiotherapy, Mysore
Department of Sports Sciences
1st MPT (2023-25) unit plan– January 2024

Date	Day	9-10 am	10-1pm	2-4pm	4-5pm
01-Jan-24	Monday	Fitness	Clinical postings	PhysioPedia	Fitness
02-Jan-24	Tuesday	CD	Clinical postings	Fitness*- VSR	
03-Jan-24	Wednesday	Fitness	Clinical postings	Fitness* -Practice	Fitness
04-Jan-24	Thursday	CD	Clinical postings	Skill- Mobility evaluation	
05-Jan-24	Friday	Fitness	Clinical postings	Case discussion -Mukund **	
06-Jan-24	Saturday	Fitness	Case Presentation/Research		
07-Jan-24	Sunday	Holiday -1 PGs will be on duty on rotation basis			
08-Jan-24	Monday	Fitness	Clinical postings	PhysioPedia	Fitness
09-Jan-24	Tuesday	CD	Clinical postings	Fitness*- VSR	
10-Jan-24	Wednesday	Fitness	Clinical postings	Fitness* -Practice	Fitness
11-Jan-24	Thursday	CD	Clinical postings	Skill- Mobility evaluation - Clinical Reasoning	
12-Jan-24	Friday	Fitness	Clinical postings	Case discussion - VSR **	
13-Jan-24	Saturday	Fitness	Case Presentation/Research		
14-Jan-24	Sunday	Holiday -1 PGs will be on duty on rotation basis			
15-Jan-24	Monday	Holiday			
16-Jan-24	Tuesday	CD	Clinical postings	Skill – Muscle length	

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17-Jan-24	Wednesday	Fitness	Clinical postings	Fitness* -Practice	Fitness
18-Jan-24	Thursday	CD	Clinical postings	Skill- Muscle length evaluation	
19-Jan-24	Friday	Fitness	Clinical postings	Case discussion - VSR /Mukund**	
20-Jan-24	Saturday	Case Presentation/Research			
21-Jan-24	Sunday	Holiday -1 PGs will be on duty on rotation basis			
22-Jan-24	Monday	Fitness	Clinical postings	Skill – Strength evaluation	
23-Jan-24	Tuesday	CD	Clinical postings	Fitness* -Practice	Fitness
24-Jan-24	Wednesday	Fitness	Clinical postings	Skill- Strength evaluation	
25-Jan-24	Thursday	CD	Clinical postings	Case discussion - VSR /Mukund**	
26-Jan-24	Friday	Holiday			
27-Jan-24	Saturday	Fitness	Case Presentation/Research		
28-Jan-24	Sunday	Holiday -1 PGs will be on duty on rotation basis			
29-Jan-24	Monday	Fitness	Clinical postings	Skill – functional evaluation	
30-Jan-24	Tuesday	CD	Clinical postings	Fitness* -Practice	Fitness
31-Jan-24	Wednesday	Fitness	Clinical postings	Skill- functional evaluation	

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Evaluation and Management of Sports injuries	
CD - Discussion during Clinical Postings	Outcome - Clinical discussion and EBP presentations between 9am - 10 am, based on the case
8am – 11am	Postings at UoM sports Pavilion centre

Please submit the online PHYSIOPEDIA course certificates on MS Teams assignment section

Recommended Physiopedia courses

1. Injury Type and Classification - https://members.physio-pedia.com/learn/injury-type-and-classification-promopage/?utm_source=physiopedia&utm_medium=related_courses_normal&utm_campaign=ongoing_internal
2. Clinical Biomechanics in Sport - https://members.physio-pedia.com/learn/clinical-biomechanics-in-sport-promopage/?utm_source=physiopedia&utm_medium=related_courses_normal&utm_campaign=ongoing_internal
3. Introduction To The Knee - <https://members.physio-pedia.com/learn/introduction-to-the-knee-promopage/> (18-19 hours)

SD/- Vijay Samuel Raj V

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Principal
JSS College of Physiotherapy