

JSS College of Physiotherapy, Mysore
Department of Sports Sciences
2nd year MPT (2022-24) unit plan– January 2024

Date	Day	9-10 am	10-1pm	2-4pm	4-5pm
01-Jan-24	Monday	Fitness	Clinical postings	Seminar 1	Fitness
02-Jan-24	Tuesday	CD	Clinical postings	Research	Research
03-Jan-24	Wednesday	Fitness	Clinical postings	Research	Fitness
04-Jan-24	Thursday	CD	Clinical postings	Journal club 1	SDL
05-Jan-24	Friday	Fitness	Clinical postings	Case Discussion	Seminar 2
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	Seminar 3	Fitness
09-Jan-24	Tuesday	CD	Clinical postings	Research	Thesis progression Presentation (DK and Jerome)
10-Jan-24	Wednesday	Fitness	Clinical postings	Didactic 1	Fitness
11-Jan-24	Thursday	CD	Clinical postings	Journal club 2	SDL
12-Jan-24	Friday	Fitness	Clinical postings	Case Discussion	Seminar 4
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			

JSS College of Physiotherapy, Mysore
Department of Sports Sciences
 2nd year MPT (2022-24) unit plan- January 2024

16-Jan-24	Tuesday	CD	Clinical postings	Research 5	Thesis progression Presentation (Ragavi & Ronika)
17-Jan-24	Wednesday	Fitness	Clinical postings	Didactic 2	Fitness
18-Jan-24	Thursday	CD	Clinical postings	Journal club 3	SDL
19-Jan-24	Friday	Fitness	Clinical postings	Case Discussion	Seminar 6
20-Jan-24	Saturday	Paper 1 Exam			
21-Jan-24	Sunday	Holiday -1 PGs will be on duty on rotation basis			
22-Jan-24	Monday	Fitness	Clinical postings	Seminar 7	Fitness
23-Jan-24	Tuesday	CD	Clinical postings	Research	Research
24-Jan-24	Wednesday	Fitness	Clinical postings	Didactic 3	Fitness
25-Jan-24	Thursday	CD	Clinical postings	Journal club 4	SDL
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	Seminar 8	Fitness
30-Jan-24	Tuesday	CD	Clinical postings	Research	Research
31-Jan-24	Wednesday	Fitness	Clinical postings	Didactic 4	Fitness

JSS College of Physiotherapy, Mysore
Department of Sports Sciences
 2nd year MPT (2022-24) unit plan– January 2024

SEMINAR SCHEDULE

JC	Seminar	PG	Moderator	Topic	
3	1	Deekshitha	Mukund	Principles of biomechanics including forces	
4	2	Ragavi	Mukund	Principles of training and conditioning	
2	3	Jerome	Vijay	Sport specific assessment knee and Ankle	
	4	Ragavi	Vijay	Sport specific assessment neck and sholuder	
	5	Deekshitha	Vijay	Sport specific assessment Pelvis and Hip	
1	6	Ronika	Mukund	Sport specific assessment Gait and Running	
	7	Jerome	Mukund	Sport specific assessment Elbow and wrist	

CLASSES SCHEDULE

Didatic	Staff	Topic
1	Mukund	Thermoregulators
2	Vijay	Role of PT as colloborator
3	Vijay	Field and Lab test
4	Mukund	Motor skills fundamental evaluation

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

JSS College of Physiotherapy, Mysore
Department of Sports Sciences
2nd year MPT (2022-24) unit plan– January 2024

Recommended Physiopedia courses

1. Applied Sport and Exercise Physiotherapy Programme–22hours-<https://members.physio-pedia.com/applied-sport-and-exercise-physiotherapy-programme/>
2. 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
3. Risk Factors and Injury Mechanisms in Sports - https://members.physio-pedia.com/learn/risk-factors-and-injury-mechanisms-in-sports-promopage/?utm_source=physiopedia&utm_medium=related_courses_normal&utm_campaign=ongoing_internal
4. 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
5. Rehabilitation in Sport - https://members.physio-pedia.com/learn/rehabilitation-in-sport-promopage/?utm_source=physiopedia&utm_medium=related_courses_normal&utm_campaign=ongoing_internal

SD/- Vijay Samuel Raj V

Head of the Department
Dept of Sports Sciences, JSSCPT

Principal
JSS College of Physiotherapy