

JSS COLLEGE OF PHYSIOTHERAPY

JSS Hospital Campus, Ramanuja Road, Mysore-570004

Phone NO: 0821-2548234

Fax: 2548368(Hospital)E-mail:jsscpt@jssonline.org

2nd YEAR UNIT PLAN FOR THE MONTH OF APRIL-2023

DATE/TIME	9.00-10.00AM	10.00-11.00AM	11.00-12.00PM	12.00-1.00PM	1.00-2.00PM	2.00-3.00PM	3.00-4.00PM	4.00-5.00PM
SATURDAY APRIL 1	Academic Day							
TUESDAY APRIL 3	(Ex-therapy – Theory) Introduction to Exercise Therapy -types of exercise -exercise safety, - Disablement Process. –indication and precautions for performing exercises, -position of	(Electrotherapy –theory) Types of stimulators -differentiate different types of ES NMES component -identify different parts of NMES	Principles of application Practical (electrotherapy) -identify types of electrodes, -size of electrodes -Positioning of electrodes - positioning of electrodes -Lowering skin resistance Jeevanathan			SDL	NURSING	Library

	choice, types of muscle work, use of mechanical aids to aid in movement and their indications and precautions. Tejaswini	Jeevanathan				
Tuesday APRIL 4	Holiday					
WEDNESDAY APRIL 5	(Ex-therapy-Practicals) Procedure for measurement of Vitals *BP *PR *RR *Temperature *BMI (Practical) Cardio pg Shradha / Tejaswini	MICROBIOLOGY	Ex-therapy Angular measurement -(theory/practical's) Theory *Goniometry *Inclinometry -Goniometer, parts, properties & uses. - ROM, active &passive ROM, types -Describe various axis, plane of motion, muscles. -Technique - positioning of subject, therapist & instrument & its application, measurement recording. Practicals UL goniometry Sandeep – Amrutha		(electrotherapy-Practical) Demonstration- stimulation of motor points Identify different motor points for UL & Face Jeevanathan	LIBRARY

<p>THURSDAY APRIL 6</p>	<p>(electrotherapy-Practical) Practical's Demonstration- stimulation of motor points Identify different motor points for LL & upper back Jeevanathan</p>	<p>ETHICS & ADMINISTRATION (Dr.RD)</p>	<p>PATHOLOGY</p>		<p>PHARMACOLOGY(2.30-4.30)</p>
<p>FRIDAY APRIL 7</p>	<p>HOLIDAY</p>				
<p>SATURDAY APRIL 8</p>	<p>Mentor mentee meeting</p>	<p>(Ex-therapy-practical) Goniometry – UL Sandeep/amrutha /jomin/siraj</p>			

DATE/TIME	9.00-10.00AM	10.00-11.00AM	11.00-12.00PM	12.00-1.00PM	1 to 2 P M	2.00-3.00PM	3.00-4.00PM	4.00-5.00PM
MONDAY APRIL 10	(Ex-therapy-practical) Goniometry LL Sandeep/ amrutha /jomin/siraj	MICROBIOLOGY	(Electrotherapy) Practical's STIMULATION Identify different motor points for UL, LL, face and upper back Jeevanathan			(Ex-therapy-practical) Goniometry LL Sandeep/amrutha /jomin/siraj		Library
TUESDAY APRIL 11	(Electrotherapy) Practical's STIMULATION –Revision Identify different motor points for UL, LL, face and upper back Jeevanathan		(Ex-therapy-practical) Goniometry Inclinometer / inch tape – Spine Sandeep/amrutha /jomin/siraj			(Ex- Therapy) SDL Physiology y of muscle performance Structure of skeletal muscle Chemical and mechanical events Types of muscle fibre Motor unit Force	NURSING	Library

				<p>gradation</p> <p>Physiological adaptations to Strength, power and endurance</p>		
<p>WEDNESDAY</p> <p>APRIL 12</p>	<p>Practical's (Electrotherapy)</p> <p>FG test & SD Curve interpret results of FG test, SD curve and differentiate normal & abnormal curves</p> <p>Jeevanathan</p>	<p>MICROBIOLOGY</p>	<p>(Ex- Therapy)- Theory & Practical Performance measurements</p> <p>Describe about the strength and manual muscle testing. Interpret the grade of various muscles. Assess endurance level for different activity, prescribe Endurance training.</p> <p>Describe about Aerobic power, Anaerobic power, power training programme, assessment and prescription of training programme.</p> <p>Describe agility, assess and prescribe training programme for agility</p> <p>Demo/ practical</p> <p>-Strength – MMT(Manual muscle testing) of upper limb</p>	<p>(Exercise therapy)</p> <p>Demo/ practical</p> <p>-Strength – MMT(Manual muscle testing) –Upper limb</p> <p>Sandeep/amrutha /jomin/siraj</p>		<p>Library</p>

			Sandeep/amrutha /jomin/siraj		
THURSDAY APRIL 13	SDL	Practical's (Electrotherapy) \ SD Curve -Upper limb Jeevanathan	PATHOLOGY		PHARMACOLOGY(2.30-4.30)
FRIDAY APRIL 14	Holiday				
SATURDAY APRIL 15	MENTORING	(Exercise therapy- practical) -Strength – MMT(Manual muscle testing) of upper limb Sandeep/amrutha /jomin/siraj	Library		

DATE/TIME	9.00-10.00AM	10.00-11.00AM	11.00-12.00PM	12.00-1.00PM	1.00-2.00PM	2.00-3.00PM	3.00-4.00PM	4.00-5.00PM
MONDAY APRIL 17	ETHICS & ADMINISTRATION (Dr.RD)	MICROBIOLOGY	(Exercise therapy) practical -Strength – MMT(Manual muscle testing) LL & Trunk Sandeep/amrutha /jomin/siraj			SDL	(Exercise therapy) practical's *PFT *RPE *FIM Renuka/ Ashwin	
TUESDAY APRIL 18	(Ex-therapy – theory) Aerobic Exercise A.Field method B.Lab method -Demonstrate about aerobic exercises and its physiological effects.	Practical (Ex- therapy) Aerobic Exercise A.Field method B.Lab method Renuka - subendu				(Ex-Therapy) Introduction to Tests & Measurements Theory Need for test and measurement *List the various instrument, test and Measurement properties. *Purpose of measurement,	NURSING	SDL

	<p>-Demonstrate how to Perform field test to assess aerobic capacity of individual person.</p> <p>-Describe and define principles of weight training: overload, - Progression, - specificity, aerobic, and anaerobic.</p> <p>-Describe & distinguish among circuit weight training, high intense Weight training, multi set weight training.</p> <p>-Demonstrate competency in the ability to compute target heart rate.</p>			<p>testing & Evaluation.</p> <p>Nature of measurement and evaluation Domains of human performance</p> <p>Practicals Measurement , testing and evaluation - instruments / equipments orientation</p> <p>Pg Vaishnavi/ Vijay</p>		
--	--	--	--	--	--	--

	<p>-Demonstrate proficiency in at least one aerobic exercise methods.</p> <p>-Clinical uses of exercise testing and. Approaches to clinical exercise testing Conducting the stage 1 and 2 test and interpretation</p> <p>Renuka - subendu</p>				
<p>WEDNESDAY APRIL 19</p>	<p>(Ex- Therapy-theory)</p> <p><u>Functional measurements</u></p> <p>*FIM *Energy expenditure index</p> <p>*Gait Evaluation *Posture</p>	<p>MICROBIOLOGY</p>	<p>Practical's (Electrotherapy) \ SD Curve</p> <p>-Lower limb</p> <p>Jeevanathan</p>	<p>(Exercise therapy) practical</p> <p>-Strength – MMT(Manual muscle testing)UL, LL & Trunk</p> <p>Sandeep/amrutha /jomin/siraj</p>	<p>Library</p>

	<p>*PFT *RPE</p> <p>Describe the uses of FIM, test to measure ,principles</p> <p>Should know about MET value, test to measure EE.</p> <p>Describe about various types of gait, Assessment of gait</p> <p>Describe about posture, its types Significance of good posture and its assessment. Evaluation of posture in all planes.</p> <p>Method of testing, different lung volumes,</p>					
--	--	--	--	--	--	--

	<p>difference between normal and abnormal graph.</p> <p>Assessment of subjective Exertion during physical activity</p> <p>Sandeep – vaishnav</p>				
<p>THURSDAY APRIL 20</p>	<p>Practical's (Electrotherapy) \ SD Curve</p> <p>-Upper limb –Revision</p> <p>Jeevanathan</p>	<p>ETHICS & ADMINISTRATION (Dr.RD)</p>	<p>PATHOLOGY</p>	<p>PHARMACOLOGY(2.30-4.30)</p>	
<p>FRIDAY APRIL 21</p>	<p>SDL</p>	<p>(Ex- Therapy-) Practicals</p> <p>*Energy expenditure index *Gait Evaluation</p> <p>Vaishnavi / sandeep</p>	<p>PATHOLOGY</p>	<p>Practical's (Electrotherapy) \ SD Curve</p> <p>Lower limb –Revision</p> <p>Jeevanathan</p>	<p>Library</p>
<p>SATURDAY APRIL 22</p>	<p>Holiday</p>				

DATE/ TIME	9.00-10.00AM	10.00- 11.00AM	11.00- 12.00PM	12.00-1.00PM	1.00- 2.00P M	2.00- 3.00PM	3.00- 4.00PM	4.00- 5.00PM
MONDAY APRIL 24	Practical's (Electrotherapy) Faradic foot bath Perform faradic foot bath on model Jeevanathan	MICROBIOL OGY	(Exercise therapy) Practical's - Posture Vaishnavi / sandeep	Library		1ST INTERNAL EXAM ()		OSCE/OSPE
TUESDAY APRIL 25	Practical's (Electrotherapy) Faradic foot bath Perform faradic foot bath on model Jeevanathan	(Ex- Therapy-) Practicals *Energy expenditure index *Gait Evaluation Vaishnavi / sandeep		Library		1ST INTERNAL EXAM ()		OSCE/OSPE

<p>WEDNESDAY APRIL 26</p>	<p>(Exercise therapy) Practical's - Posture</p> <p>Vaishnavi / sandeep</p>	<p>MICROBIOLOGY</p>	<p>Practical's (Electrotherapy)</p> <p>Faradic foot bath</p> <p>Perform faradic foot bath on model</p> <p>Jeevanathan</p>	<p>Library</p>		<p>1ST INTERNAL EXAM ()</p>	<p>OSCE/OSPE</p>
<p>THURSDAY APRIL 27</p>	<p>(Ex-therapy) <u>Anthropometric measurement</u> <u>Or(theory/practical's demo)</u></p> <p><u>Linear measurements</u> -Describe about Anthropometry & components.</p> <p>-Principles and practice of Anthropometrics – Constraints, Fitting trials, an annotated list of body dimensions. -Applications, Measurement error</p>	<p>ETHICS & ADMINISTRATION (Dr.RD)</p>	<p>PATHOLOGY</p>		<p>1ST INTERNAL EXAM ()</p>	<p>OSCE/OSPE</p>	

	<p>Evaluation of</p> <ul style="list-style-type: none"> -Sensory mapping & Arousal, attention, -orientation & cognition - List the various methods for anthropometry measurement -limb length -chest expansion -Bio electrical impedance analysis. -skin fold, -stadiometer, -weighting *scale calliper -girth measurements <p>Vijay/Renuka</p>				
<p>FRIDAY APRIL 28</p>	<p>(Ex-therapy –theory and practical’s) Relaxation Demonstrate various relaxation techniques. Tejaswini</p>	Library	PATHOLOGY		<p>1ST INTERNAL EXAM () OSCE/OSPE</p>
<p>SATURDAY APRIL 29</p>	Holiday				

Note: Please refer lesson plan for modules of electrotherapy and exercise therapy.

CLASS COORDINATOR: Mr. MUKUNDA

UG COORDINATOR

Dr. Renuka Devi

