

JSS College of Physiotherapy, Mysore
Department of Sports Sciences
 I year MPT unit plan- June and July 2023

Date	Day	9 -10am	10 -1pm	2-3pm	3-4pm	4-5pm	5 - 6.30pm	Assessment	TOPICS
01-06-2023	Thursday	CD	Clinical Postings -	SDL 1		Documentation	Library/College Fitness Postings	Grading sheet for seminar and case presentations	Objectives - Describe the clinical biomechanica l aspects of sports (normal and injured)
02-06-2023	Friday			Seminar 1					
03-06-2023	Saturday	Case conference & research							
04-06-2023	Sunday								
05-06-2023	Monday	CD	Clinical Postings - Evaluation, planning prevention and enhancement programs for athletes with sports injuries OUTCOME- 1 case presentation/week	Seminar 2		Library/College Fitness Postings			
06-06-2023	Tuesday			Case Presentation					
07-06-2023	Wednesday			Seminar 3					
08-06-2023	Thursday			Intern Case Dicussion					
09-06-2023	Friday			Seminar 3					
10-06-2023	Saturday	Case conference & research							
11-06-2023	Sunday								
12-06-2023	Monday	CD	Clinical Postings - Evaluation, planning prevention and enhancement programs for athletes with sports injuries OUTCOME- 1 case presentation/week	Seminar 4		Library/College Fitness Postings			
13-06-2023	Tuesday			Case Presentation					
14-06-2023	Wednesday			Seminar 5					
15-06-2023	Thursday			Intern Case Discussion					
16-06-2023	Friday			SDL 2					
17-06-2023	Saturday	Case conference & research							
18-06-2023	Sunday								

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19-06-2023	Monday	CD	Clinical Postings - Evaluation, planning prevention and enhancement programs for athletes with sports injuries OUTCOME- 1 case presentation/week	SDL 3	Library/College Fitness Postings	Submit 100-250 word on the sports assessment evaluation methods and tools (in table column) with evidence and validity	Objectives - Sports injury assessment with specific to regions
20-06-2023	Tuesday			Case Presentation			
21-06-2023	Wednesday			SDL 4			
22-06-2023	Thursday			Intern Case Discussion			
23-06-2023	Friday			Seminar Make up			
24-06-2023	Saturday	Case conference & research					
25-06-2023	Sunday						
26-06-2023	Monday	CD	Clinical Postings - Evaluation, planning prevention and enhancement programs for athletes with sports injuries OUTCOME-	SDL	Library/College Fitness Postings	Identify assessment tools for fitness; report the valid methods with validity, sensitivity and specificity. List the recent methods with modification and normative values reported in Indian population (if not Indian , universal)	Pain and function assessment and management
27-06-2023	Tuesday			Case Presentation			
28-06-2023	Wednesday			Seminar Make up			
29-06-2023	Thursday						
30-06-2023	Friday	CD	1 case presentation/week	Case Presentation	Library/College Fitness Postings		
01-07-2023	Saturday	Case conference & research					
02-07-2023	Sunday						
03-07-2023	Monday	CD	Clinical Postings - Evaluation, planning prevention and enhancement programs for athletes with sports injuries OUTCOME- 1 case presentation/week	Seminar 6	Library/College Fitness Postings		
04-07-2023	Tuesday			SDL			
05-07-2023	Wednesday			Case Presentation			
06-07-2023	Thursday			SDL			
07-07-2023	Friday			Case Presentation			
08-07-2023	Saturday	Case conference & research					
09-07-2023	Sunday						
10-07-2023	Monday	CD	Clinical Postings - Evaluation, planning prevention and	Case Presentation	Library/College Fitness Postings		
11-07-2023	Tuesday			Seminar 3			
12-07-2023	Wednesday			Intern Case Discussion			

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13-07-2023	Thursday		enhancement programs for athletes with sports injuries OUTCOME-1 case presentation/week	Evaluation of physical fitness			
14-07-2023	Friday						
15-07-2023	Saturday	Case conference & research					
16-07-2023	Sunday						
17-07-2023	Monday	CD	Clinical Postings - Evaluation, planning prevention and enhancement programs for athletes with sports injuries OUTCOME-1 case presentation/week	Case Presentation	Library/College Fitness Postings		
18-07-2023	Tuesday			Intern Case Discussion			
19-07-2023	Wednesday			Evaluation of physical fitness and normative values			
20-07-2023	Thursday			Documentation			
21-07-2023	Friday						
22-07-2023	Saturday	Case conference & research					
23-07-2023	Sunday						
24-07-2023	Monday	CD	Clinical Postings - Evaluation, planning prevention and enhancement programs for athletes with sports injuries OUTCOME-1 case presentation/week	Case Presentation	Library/College Fitness Postings		
25-07-2023	Tuesday			Intern Case Discussion			
26-07-2023	Wednesday			Evaluation of physical fitness and normative values			
27-07-2023	Thursday			Documentation			
28-07-2023	Friday						
29-07-2023	Saturday						
30-07-2023	Sunday						
31-07-2023	Monday	CD	Clinical Postings		Library/College Fitness Postings		

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SEMINAR SCHEDULE

Seminar Topics			
1	Applied Biomechanics Shoulder joint	Discuss the pathomechanics and correlate with the normal, injured tissue in sporting injuries	Ronika
2	Applied Biomechanics Elbow and hand		Deekshitha
3	Applied Biomechanics Hip & Knee		Jerome
4	Applied Biomechanics Ankle & foot		Ragavi
5	Principles of biomechanics including the force system and lever system		Ronika
6	Definition, types and physiology of pain		Deekshitha

SDL

SL no	TOPICS
1.	Sports specific assessment of Upper limb
2.	Sports specific assessment of lower limb
3.	Sports specific assessment of spine
4.	Sports specific assessment gait / running

Recommended Physiopedia courses

1. Applied Sport and Exercise Physiotherapy Programme–22hours-<https://members.physio-pedia.com/applied-sport-and-exercise-physiotherapy-programme/>
2. Clinical Presentations of Shoulder Pain-<https://members.physio-pedia.com/learn/clinical-presentations-of-shoulder-pain/>

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Principal
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