Department of Movement Science

MPT Unit Plan

May 2023

Aim: to cover basic principles of movement and complete synopsis for submission

Date	Specific objective	8-9	9-10	10-11	11-12	12-1	1-2	2-3 3	-4 4-5	5-6:30	Assessment	Topics being addressed
1		Holiday										Paper II
2	Use expertise in	Library		Clinical posting-					related	Library		Growth and
3	biological	Movement and its	under	stand move	ement patte	rns in		work ir	library	Movement and its		development of all
4	movement in	neurophysiological	tyı	pical individ	luals- gend	er		EXCEPT	WHEN	neurophysiological basis		systems
5	analyzing,	basis	diff	ferences in	young adul	ts.		PAPER I	CLASSES			b. Anatomy –
	interpreting and		Influ	ence of phy	sical fitness	s on	L	ARE SCH	EDULED			embryology, gross
6	prescribing		movem	nent patterr	ns. Understa	anding	U				2500 word paper on	anatomy
	movement		the	the normal reference limits							neurophysiological	c. Functional anatomy
	related						С				basis of movement	and physiology related
	information and			Exercise therapy class for II BPT on			Н				(systems and	to nerve, cardio
	exercise		Tueso	Tuesday, Wednesday, Friday and			В				integration)	vascular, respiratory,
	prescription in		Saturday 11-1			R					gastro intestinal, renal,	
	health and		Total	Total clinical hours this week= 12			E					endocrine, CNS, motor
	wellness						Α					system
	excluding						K					6 54
	professional											f. Physical and
	athletes and											anatomical parameters
	sports											of movement during
												function and physical
												activity.
<u> </u>												
7	Sunday											

Aim: to cover basic principles of movement and complete synopsis for submission

Date	Specific objective	8-9	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6:30	Assessment	Topics being addressed
8	Use expertise in	Library		Clinical	posting-			Syn	opsis tes	st	Library		Paper II
	biological	Biochemical processes	understand movement patterns in							Biochemical processes		Energy systems.	
9	movement in	during movement	typical	individuals	- BMI, heig	ght and	L	Synops	is correc	ction	during movement		e. Biochemical
10	analyzing,		weight	differences	, diet and e	exercise,	U		alisatio				processes involving
11	interpreting and			sle	ep.		N	sul	missior	1			energy systems,
12	prescribing		Interpr	et the need	l for standa	ırdising	С	EXCEPT	WHEN F	APER			nutrition and its role in
	movement		movem	ent analysi	s based on	various	Н	I CLA	ASSES AI	RE			health, oxygen
	related			fact	ors		В	SCI	IEDULEI)			transport, aerobic and
	information and			se therapy			R						anaerobic systems.
13	exercise		Monday	,, Tuesday, '	Wednesday	y, Friday	E					2500 word paper on	
	prescription in			11	_		Α					metabolism and	
	health and		Total	clinical hou	rs this wee	k= 16	K					movement (influence	
	wellness											of BMI , food and	
	excluding											physical activity)	
	professional											+	
	athletes and											250 word document	
	sports											on standard	
												protocols for	
												measuring any	
												movement related to	
												anatomical,	
												physiological and	
												biochemical factors.	
14							-	Sunday					

Aim: to cover basic principles of movement with respect to learning patterns

Date	Specific objective	8-9	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6:30	Assessment	Topics being addressed
15	Use expertise in	Library	Clinical posting-					Clinical posting			Library		Paper II
16	biological	Motor control and	understand movement patterns in					EXCEPT WHEN PAPER		PAPER	Motor control and		Motor control and
17	movement in	learning	typical i	typical individuals- analyse the role of				I CLA	ASSES A	RE	learning		development
18	analyzing,		motor co	ontrol and I	earning diff	erences	U	SCH	IEDULEI	D			b. Nature and control
19	interpreting and		by usi	by using tests to categorise motor									of movement- theories.
20	prescribing		control and learning phenotypes in				С					2500 word paper on	c. Physiological basis of
	movement		young adults				Н					motor control,	motor learning and
	related		Exercise therapy class for II BPT on				В					learning and	function.
	information and		Monday, Tuesday, Wednesday, Friday				R					influence on	g. Movement within
	exercise		11-1				E					movement	the framework of
	prescription in		Total clinical hours this week= 28				Α						motor control theories
	health and						K						
	wellness												
	excluding												
	professional												
	athletes and												
	sports												
21	Sunday												

^{*}Young adults is 18-2 years of age

Aim: to use basic information to plan interpretation, choice of measurement tool and plan for exercise/ activity intervention

Date	Specific objective	8-9	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6:30	Assessment	Topics being addressed
22	Completion of	Library	Clinical	posting to o	omplete pr	evious	L	Clinica	l postin	g to	Library		Paper II
23	previous			exerc	ises		U	complete previous					Growth and development
24	objectives		Exercise therapy class for II BPT on			N	ex	kercises				of all systems	
25			Monday, Tuesday, Wednesday, Friday			С						b. Anatomy – embryology,	
26			and Saturday 11-1			Н						gross anatomy	
27			Total	Total clinical hours this week= 14			В						c. Functional anatomy and
							R						physiology related to
							Ε						nerve, cardio vascular,
							Α						respiratory, gastro
							K						intestinal, renal, endocrine,
28						Sunday							CNS, motor system
29	Completion of	Library	Clinical	posting to o	omplete pr	evious	L	Clinica	l postin	g to	Library		
30	previous			exerc	ises		U	compl	ete prev	ious			f. Physical and anatomical
31	objectives		Exercis	se therapy o	lass for II B	PT on	N	ex	exercises			Working clinical	parameters of movement
			Monda	Monday, Tuesday, Wednesday, 11-1			С					document on	during function and
						-	Н	Total clinical hours				movement	physical activity.
							В	this par	tial wee	k= 10		analysis	Energy systems.
							R					guidelines,	e. Biochemical processes
							Е					interpretation of	involving energy systems,
							Α					specific areas for	nutrition and its role in
							К					intervention and	health, oxygen transport,
												further testing.	aerobic and anaerobic
												To be types, soft	systems
												bound and	Motor control and
												submitted + a	development
												poster for display	b. Nature and control of
												in dept. (cost of	movement- theories.
												poster will be	c. Physiological basis of
												borne by college)	motor learning and
													function.
													g. Movement within the
													framework of motor
													control theories

Total clinical hours scheduled this month: 80. Number of days attended:

End of month submissions

In addition to the assignments, a list of clinical cases, with objective, activity done, interpretation, and a reflective statement must be given. Additionally a 500 word abstract of each of your week's assignments and any other additional work to be attached, This will become your development portfolio.

I HAVE TAKEN PARTS OF THE SYLLABUS SO THAT T HERE IS LOGIC. PLEASE MAKE A NOTE OF MISSING PARTS SO THAT I DO NOT FORGET TO INCLUDE IN THE UNIT PLAN LATER ON.

Dr Kavitha Raja