

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	Use expertise in biological movement in analyzing, interpreting and prescribing movement related information and exercise prescription in health and wellness excluding professional athletes and sports	Holiday										2500 word paper on neurophysiological basis of movement (systems and integration)	<p>Paper II Growth and development of all systems b. Anatomy – embryology, gross anatomy c. Functional anatomy and physiology related to nerve, cardio vascular, respiratory, gastro intestinal, renal, endocrine, CNS, motor system f. Physical and anatomical parameters of movement during function and physical activity.</p>
2		<p>Library Movement and its neurophysiological basis</p>	<p>Clinical posting- understand movement patterns in typical individuals- gender differences in young adults. Influence of physical fitness on movement patterns. Understanding the normal reference limits Exercise therapy class for II BPT on Tuesday, Wednesday, Friday and Saturday 11-1 Total clinical hours this week= 12</p>	L U N C H B R E A K	Synopsis related work in library EXCEPT WHEN PAPER I CLASSES ARE SCHEDULED	<p>Library Movement and its neurophysiological basis</p>							
3													
4													
5													
6													
7	Sunday												

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8	Use expertise in biological movement in analyzing, interpreting and prescribing movement related information and exercise prescription in health and wellness excluding professional athletes and sports	Library Biochemical processes during movement	Clinical posting- understand movement patterns in typical individuals- BMI, height and weight differences , diet and exercise, sleep.				L U N C H B R E A K	Synopsis test			Library Biochemical processes during movement			Paper II Energy systems. e. Biochemical processes involving energy systems, nutrition and its role in health, oxygen transport, aerobic and anaerobic systems.
9			Interpret the need for standardising movement analysis based on various factors			Synopsis correction and finalisation for submission								
10			Exercise therapy class for II BPT on Monday, Tuesday, Wednesday, Friday 11-1			EXCEPT WHEN PAPER I CLASSES ARE SCHEDULED								
11			Total clinical hours this week= 16											
12														
13												2500 word paper on metabolism and movement (influence of BMI , food and physical activity) + 250 word document 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 biological movement in analyzing, interpreting and prescribing movement related information and exercise prescription in health and wellness excluding professional athletes and sports	Library Motor control and learning	Clinical posting- understand movement patterns in typical individuals- analyse the role of motor control and learning differences by using tests to categorise motor control and learning phenotypes in young adults Exercise therapy class for II BPT on Monday, Tuesday, Wednesday, Friday 11-1 Total clinical hours this week= 28				L U N C H B R E A K	Clinical posting EXCEPT WHEN PAPER I CLASSES ARE SCHEDULED			Library Motor control and learning					Paper II Motor control and development b. Nature and control of movement- theories. c. Physiological basis of motor learning and function. g. Movement within the framework of motor control theories	
16																	
17								2500 word paper on motor control, learning and influence on movement									
18																	
19																	
20																	
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 previous objectives	Library	Clinical posting to complete previous exercises Exercise therapy class for II BPT on Monday, Tuesday, Wednesday, Friday and Saturday 11-1 Total clinical hours this week= 14				L U N C H B R E A K	Clinical posting to complete previous exercises			Library		<p>Paper II</p> <p>Growth and development of all systems</p> <p>b. Anatomy – embryology, gross anatomy</p> <p>c. Functional anatomy and physiology related to nerve, cardio vascular, respiratory, gastro intestinal, renal, endocrine, CNS, motor system</p>
23													
24													
25													
26													
27													
28	Sunday												
29	Completion of previous objectives	Library	Clinical posting to complete previous exercises Exercise therapy class for II BPT on Monday, Tuesday, Wednesday, 11-1				L U N C H B R E A K	Clinical posting to complete previous exercises Total clinical hours this partial week= 10			Library		<p>f. Physical and anatomical parameters of movement during function and physical activity. Energy systems.</p> <p>e. Biochemical processes involving energy systems, nutrition and its role in health, oxygen transport, aerobic and anaerobic systems</p> <p>Motor control and development</p> <p>b. Nature and control of movement- theories.</p> <p>c. Physiological basis of motor learning and function.</p> <p>g. Movement within the framework of motor control theories</p>
30													
31													

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