

**JSS College of Physiotherapy, Mysore**  
**Department of Sports Sciences**  
**I year MPT unit plan – April 2023**

Date	Day	8 - 9am	9 -10am	10 -1pm	2-3pm	3-4pm	4-5pm	5 - 6.30pm
1-Apr	Sat	ATF Tennis – world tour tournament – on field postings						
2-Apr	Sun	ATF Tennis – world tour tournament – on field postings ( 2 PGs Rotation)						
3-Apr	Mon	College Fitness Postings	CD	Clinical Postings	Research Class	SDL	Case presentation - report of ATF	Library/College Fitness Postings
4-Apr	Tue	HOLIDAY						
5-Apr	Wed	College Fitness Postings	CD	Clinical Postings		Sports emergency and first aid management- Including Taping techniques		Library/College Fitness Postings
6-Apr	Thu	ALL INDIA WOMENS CRICKET TOURNAMENT – On-field postings						
7-Apr	Fri							
8-Apr	Sat							
9-Apr	Sun							
10-Apr	Mon							
11-Apr	Tue							
12-Apr	Wed							
13-Apr	Thu	College Fitness Postings	CD	Clinical Postings	Clinical Discussions	Human movement control - VSR (PII)	Case Presentation - Deekshitha	Library/College Fitness Postings
14-Apr	Fri	HOLIDAY						
15-Apr	Sat	College Fitness Postings	Case Conference	Synopsis Presentation (Into /RoL/Methodology)				
16-Apr	Sun							
17-Apr	Mon	College Fitness Postings	CD	Clinical Postings	Research Class	Growth and maturation - CV system (Ronika)	Research - Synopsis review	Library/College Fitness Postings
18-Apr	Tue	College Fitness Postings	CD	Clinical Postings	Applied Physiology CV system (Deekshitha)	Synopsis Presentation (Into /RoL/Methodology)	Synopsis Presentation (Into /RoL/Methodology)	Library/College Fitness Postings

**JSS College of Physiotherapy, Mysore**  
**Department of Sports Sciences**  
**I year MPT unit plan – April 2023**

---

19-Apr	Wed	College Fitness Postings	CD	Clinical Postings	Research Class	Applied Physiology - MSK system (Ragavi)	SDL - PHYSIOPEIDIA	Library/College Fitness Postings
20-Apr	Thu	College Fitness Postings	CD	Clinical Postings	Exercise and Sports Physiology	Applied Physiology - MSK system (Ronika)	Case Presentation - Deekshitha	Library/College Fitness Postings
21-Apr	Fri	College Fitness Postings	CD	Clinical Postings	Research Class	Case conference	Case conference	Library/College Fitness Postings
23-Apr	Sun							
24-Apr	Mon	College Fitness Postings	CD	Clinical Postings	Research Class	Neuro Physiology of Balance, coordination and reaction - Ronika	Case Presentation - Jerome	Library/College Fitness Postings
25-Apr	Tue	College Fitness Postings	CD	Clinical Postings	Theories in Motor Control - VSR (PII)		Case Discussion	Library/College Fitness Postings
26-Apr	Wed	College Fitness Postings	CD	Clinical Postings	Research Class	Principles of Motor learning and control –VSR (PII)	Case Presentation - Ragavi	Library/College Fitness Postings
27-Apr	Thu	College Fitness Postings	CD	Clinical Postings	Synopsis PRESENTATION Review			Library/College Fitness Postings
28-Apr	Fri	College Fitness Postings	CD	Clinical Postings	Synopsis PRESENTATION			Library/College Fitness Postings
29-Apr	Sat	College Fitness Postings	Case Conference	Postings				
30-Apr	Sun							

**JSS College of Physiotherapy, Mysore**  
**Department of Sports Sciences**  
I year MPT unit plan – April 2023

---

**Recommended Physiopedia courses**

1. Applied Sport and Exercise Physiotherapy Programme – 22 hours - <https://members.physio-pedia.com/applied-sport-and-exercise-physiotherapy-programme/>
2. Injury and Healing in Sports Physiotherapy' - <https://members.physio-pedia.com/injury-and-healing-in-sports-physiotherapy/>
3. Clinical Presentations of Shoulder Pain - <https://members.physio-pedia.com/learn/clinical-presentations-of-shoulder-pain/>
4. Introduction To the Knee - <https://members.physio-pedia.com/learn/introduction-to-the-knee/>

SD/- Vijay Samuel Raj V

**Head of the Department**  
**Dept of Sports Sciences, JSSCPT**

**Principal**  
**JSS College of Physiotherapy**