

JSS College of Physiotherapy, Mysore
Department of Sports Sciences
I year MPT (2022-24) unit plan- November 2023

Date	Day	9 -10am	10 -1pm	2-5pm	5 - 6.30pm	Assessment	TOPICS
01-Nov-23	Wednesday	Holiday -1 PGs will be on duty on rotation basis					
02-Nov-23	Thursday	Case Discussion	Library/ College Fitness Postings	Seminar -1			
03-Nov-23	Friday			Seminar -2			
04-Nov-23	Saturday		Research/Thesis related work				
05-Nov-23	Sunday	Holiday -1 PGs will be on duty on rotation basis					
06-Nov-23	Monday	Case Discussion	Library/ College Fitness Postings	Seminar -3	Library/College Fitness Postings	Grading sheet for Seminar and Case Presentations - Assignments related to specific topics	UG Class and Supervised practical's please refer to the UP of 1 st and 3 rd BPT
07-Nov-23	Tuesday			RESEARCH			
08-Nov-23	Wednesday			Principles of Training and exercise conditioning - VSR			
09-Nov-23	Thursday			Journal Club- Deekshitha			
10-Nov-23	Friday			RESEARCH			
11-Nov-23	Saturday	Case conference	Research/Thesis related work				
12-Nov-23	Sunday	Holiday -1 PGs will be on duty on rotation basis					
13-Nov-23	Monday	Case Discussion	Library/ College Fitness Postings	Seminar 4- Ragavi			
14-Nov-23	Tuesday	Holiday -1 PGs will be on duty on rotation basis					
15-Nov-23	Wednesday	Case Discussion	Library/ College Fitness Postings	Sport specific injuries- VSR	Library/College Fitness Postings		
16-Nov-23	Thursday			Journal Club- Jerome			
17-Nov-23	Friday			RESEARCH			
18-Nov-23	Saturday		Research/Thesis related work				
19-Nov-23	Sunday	Holiday -1 PGs will be on duty on rotation basis					
20-Nov-23	Monday	Case Discussion	Library/ College Fitness Postings	Seminar 5- Ronika	Library/College Fitness Postings	Grading sheet for Seminar and Case Presentations - Assignments related to specific topics	UG Class and Supervised practicals please refer to the UP of 1 st and 3 rd BPT
21-Nov-23	Tuesday			RESEARCH			
22-Nov-23	Wednesday			Role of a Sports physiotherapist as an administrator and team collaborator -VSR			
23-Nov-23	Thursday			Journal Club- Ragavi			

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24-Nov-23	Friday	Case Discussion		RESEARCH				
25-Nov-23	Saturday		Research/Thesis related work					
26-Nov-23	Sunday	Holiday -1 PGs will be on duty on rotation basis						
27-Nov-23	Monday	Case Discussion	Clinical Postings - Evaluation, planning prevention and enhancement programs for athletes with sports injuries OUTCOME- 1 Case Presentation/week	Seminar 6- Jerome	Library/ College Fitness Postings	Grading sheet for Seminar and Case Presentations - Assignments related to specific topics	UG Class and Supervised practical's please refer to the UP of 1 st and 3 rd BPT	
28-Nov-23	Tuesday			RESEARCH				
29-Nov-23	Wednesday			Criteria to return to sports - VSR				
30-Nov-23	Thursday			Journal Club- Ronika				

Evaluation and Management of Sports injuries	
CD - Discussion during Clinical Postings	Outcome - Clinical discussion and EBP presentations between 9am - 10 am, based on the case
Reflective statement and Assignment	
Evidence Based Practice in Sports Rehabilitation	
As assignment 1000 words on the above topic, add the reflective statement based clinical experience & exposure to sports outdoor postings relating the planning based on EBP	30th November 2023

SEMINAR SCHEDULE

Seminar	topic	PGs
Seminar 1	FORCE AND LEVER SYSTEM	DEEKSHITHA
Seminar 2	NEUROPHYSIOLOGY OF BALANCE AND PROPRIOCEPTION-	RONIKA
Seminar 3	ENERGY TRANSFER AND BIO-	JEROME
Seminar 4	Definition, types and physiology of pain	Ragavi
Seminar 5	Patho-mechanics of shoulder - correlate with the normal, injured tissue	Ronika
Seminar 6	Patho-mechanics of Knee - correlate with the normal, injured tissue	Jerome

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SDL (Self- Directed Learning - Library)

SL no	TOPICS
1.	Sports specific injuries of Upper limb
2.	Sports specific injuries of lower limb
3.	Sports specific injuries of spine

Recommended Physiopedia courses

1. Applied Sport and Exercise Physiotherapy Programme–22hours-<https://members.physio-pedia.com/applied-sport-and-exercise-physiotherapy-programme/>
2. Injury Type and Classification - https://members.physio-pedia.com/learn/injury-type-and-classification-promopage/?utm_source=physiopedia&utm_medium=related_courses_normal&utm_campaign=ongoing_internal
3. Risk Factors and Injury Mechanisms in Sports - https://members.physio-pedia.com/learn/risk-factors-and-injury-mechanisms-in-sports-promopage/?utm_source=physiopedia&utm_medium=related_courses_normal&utm_campaign=ongoing_internal
4. Clinical Biomechanics in Sport - https://members.physio-pedia.com/learn/clinical-biomechanics-in-sport-promopage/?utm_source=physiopedia&utm_medium=related_courses_normal&utm_campaign=ongoing_internal
5. Rehabilitation in Sport - https://members.physio-pedia.com/learn/rehabilitation-in-sport-promopage/?utm_source=physiopedia&utm_medium=related_courses_normal&utm_campaign=ongoing_internal

PLEASE NOTE

Mandatory to complete 80% and support with the certificates of the above-mentioned courses by the end of November 2023.

SD/- Vijay Samuel Raj V

Head of the Department
Dept of Sports Sciences, JSSCPT

Principal
JSS College of Physiotherapy