

LESSON PLAN (2018)

Subject	:	Exercise Therapy-I
Year	:	First BPT. (Sem-II)
Class Incharge	:	Dr. Mrudula Sangaonkar (PT)
Subject Teacher	:	Dr. Mayuri Shah (PT)
Total Hrs. Prescribed	:	256 (Didactic Hours= 64 hours)

Sr. No.	Theory planned	No of Hours required	Mode of teaching	Remarks
1.	Basic Biomechanics 1. Axis, planes, newtons law of motion 2. Forces, levers, pendulum, equilibrium, torque 3. Base of support, COG, Line of gravity, Law of gravity 4. Angle of pull, mechanical advantage	14	Power Point Presentation , Lecture	
1	Starting position 1. Standing 2. Kneeling & Sitting 3. Lying & Hanging	02	White board and marker, Lecture	
2	Derived positions 1. Standing with Arm Alteration 2. Standing with Leg Alteration 3. Standing with Trunk , Leg & Trunk Alteration 4. Sitting and Kneeling 5. Lying 6. Hanging & other Positions	01 01	White board and marker, Lecture	
3	Classification of movements 1. Active 2. Passive 3. Assisted 4. Resisted	01 01 01 02	Lecture	
4	Goniometry 1. Principles 2. Types, Uses 3. techniques 4. upper limb, lower limb 5. spine, TM joint	01 01 01 01 01	Power Point Presentation , White board, Lecture	
5	Limb length (only lower limb) 1. Apparent, True, Segmental 2. Supratrochantric	01 01	White board and marker, Lecture	
6	Limb girth measurement	02	White board and marker, Lecture	
7	Assessment of 1. Sensation 2. Reflexes 3. Blood pressure 4. Pulse rate 5. Chest expansion 6. Respiratory rate	02 01	Power Point Presentation ,White board and marker, Lecture	

8	Relaxation		Lecture	
	1. Introduction	01		
	2. Factor contributing			
	3. Technique(local & general)	01		
	4. Effect and uses	01		
5. Indication & Contraindication	01			
9	Massage manipulations		Power Point Presentation ,White board and marker, Lecture	
	1. Principles	01		
	2. Physiology Effects			
	3. Merits/Demerits			
	4. Techniques	01		
	5. Preparation			
	6. Skill on Upper extremities	01		
	7. Skill on Lower extremities			
	8. Skill on Spine/Back	01		
	9. Skill on Face	01		
10. Skill on Abdomen				
10	Therapeutic Gymnasium		Power Point Presentation ,White board and marker, Lecture	
	1. Setup & its importance.	01		
	2. Various equipment in the gym	01		
	3. Operational skills, effects & uses of each equipment	03		
	4. Suspension therapy,			
5. use of accessories like pulleys, spring				
11	Walking aids		Power Point Presentation ,White board and marker, Lecture	
	1. Introduction	01		
	2. Types	01		
	3. Parts			
4. Measurement	02			
12	Yoga		Power Point Presentation ,White board and marker, Lecture	
	1. Principle	01		
	2. basic yogic postures & their Physiological effects in –			
	• Supine Position			
	• Prone Position			
	• Standing Position			
• Sitting Position				
13	Hydrotherapy		Power Point Presentation ,White board and marker, Lecture	
	1. Principles of fluid mechanics	01		
	2. Physiological &therapeutic effect	01		
	3. Types of Hydrotherapy equipment, indications, contraindications, operation skills & patient preparation	04		
Total hours		64		