

LESSON PLAN

Subject : Exercise Therapy-I (Theory)
Year : First BPT. (Sem-II)
Class Incharge : Dr. Supriya Gowardhan
Subject Teacher : Dr Mrudula Sangaonkar
Total Hrs. Prescribed : 256 (Didactic Hours= 64 hours, Practicals = 96 hours.)

Sr. No.	Theory and Practical	No of Hours required	Mode of teaching
1	Starting position 1. Standing 2. Kneeling & Sitting 3. Lying & Hanging	04.	Blackboard and PPT, Hands on
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	06	Blackboard and PPT, Hands on
3	Classification of movements <ul style="list-style-type: none"> • Active • Passive • Assisted • Resisted 	20	Blackboard and PPT, Hands on
4	Goniometry <ul style="list-style-type: none"> • Principles 		Blackboard and

	<ul style="list-style-type: none"> Types, Uses techniques upper limb, lower limb spine, TM joint 	14	PPT, Hands on
5	Limb length (only lower limb) <ul style="list-style-type: none"> Apparent, True, Segmental Supratrochantric 	04	Blackboard and PPT, Hands on
6	Limb girth measurement	02	Blackboard and PPT, Hands on
7	Assessment of <ul style="list-style-type: none"> Sensation Reflexes Blood pressure Pulse rate Chest expansion Respiratory rate 	01 01 01 01	Blackboard and PPT, Hands on
8	Relaxation <ul style="list-style-type: none"> Introduction Factor contributing Technique(local & general) Effect and uses Indication & Contraindication 	06	Blackboard and PPT, Hands on
9	Massage manipulations <ul style="list-style-type: none"> Principles Physiology Effects Merits/Demerits Techniques Preparation Skill on Upper extremities Skill on Lower extremities Skill on Spine/Back Skill on Face Skill on Abdomen 	10	Blackboard and PPT, Hands on
10	Therapeutic Gymnasium <ul style="list-style-type: none"> Setup & its importance. Various equipment in the gym Operational skills, effects & uses of each equipment Suspension therapy, use of accessories like pulleys, spring 	8	Blackboard and PPT, Hands on
11	Walking aids <ul style="list-style-type: none"> Introduction Types Parts Measurement 	02	Blackboard and PPT, Hands on
12	Yoga <ul style="list-style-type: none"> Principle basic yogic postures & their Physiological effects in – 	10	Blackboard and PPT, Hands on

	1) Supine Position 2) Prone Position 3) Standing Position 4) Sitting Position		
13	Hydrotherapy <ul style="list-style-type: none"> • Principles of fluid mechanics • Physiological & therapeutic effect • Types of Hydrotherapy equipment, indications, contraindications, operation skills & patient preparation 	04	Blackboard and PPT, Hands on
	Total hours	96	

Scheduled practical - 96
Supervised practical training - 96
Total Scheduled hours - 256