



Dr. D.Y. PATIL COLLEGE OF PHYSIOTHERAPY

Dr. D.Y.PATIL VIDYAPEETH, PUNE

(DEEMED UNIVERSITY)

Re-accredited by NAAC with a CGPA of 3.62 on a four point scale at 'A' Grade.

(An ISO 9001:2008 Certified University)

LESSON PLAN FOR THEORY

Subject : EXERCISE THERAPY II
Class : BPT II (Sem-III)
Class In-charge : Dr Amita Aggarwal (PT)
Subject Teacher : Dr. Amita Aggarwal (PT)
Total Hours prescribed : - 288 hours (Didactic-64, Practical/laboratory-128)

Sr No.	Topic	No. of hours required	Mode of teaching
1	Principle and classification of therapeutic exercise	1	Lecture+Group discussion
	Physiological and therapeutic effects of exercise	1	Lecture+ Group discussion
2	Breathing exercises	1	Lecture
	Physiology of Breathing exercises	2	Lecture
	Indications of Breathing exercises	2	Lecture + Case presentation
3	Postural drainage	3	Lecture+ presentation
	Humidification	2	Lecture+ Demonstration
4	Principles of ergonomics	2	Lecture+ Assignment
5	Biophysical properties of connective tissue	2	Powerpoint presentation +Seminar
6	Normal posture	1	Lecture
	Assessment of posture	2	Lecture + case presentation
	Other Methods of assessment	1	Powerpoint presentation
	Static and dynamic balance	1	Lecture+ Group discussion
7	6 Minute walk test Theory	1	Lecture+ group discussion
8	Overview of normal gait and its components	1	Lecture
	Gait deviations	2	Lecture+ Demonstration
	Walking aids	1	Demonstration
	Training for different conditions	1	Lecture+ Demonstration
9	Introduction to Co-ordination and balance	3	Lecture

	Physiology	1	Lecture
	Differentiate types of co-ordination loss & balance loss.	1	Lecture +Demonstration
10	Assessment of muscle strength - Subjective and objective methods (MMT, Dynamometry)	7	Lecture+Case presentation+ Assignment
	Factors influencing strength and types of contraction	1	Group discussion
	Principles of strength training	2	Lecture+ Assignment
11	Methods of mobilization	8	Lecture
12	Introduction to PNF	2	Lecture
	Patterns and Techniques of PNF	1	Lecture
13	Functional motor skills	6	Lecture+ Demonstration
	Mobility training	2	Lecture+ Demonstration
	Mat exercises	3	Lecture+ Demonstration

Total Didactic Hours - 64hours (Scheduled)

Scheduled Practical - 128hours (Scheduled)

Supervised practical Training - 96 hours (Scheduled)

Total scheduled hours – 288 hours