

ACA-R-05

**LESSON PLAN**

|                               |   |
|-------------------------------|---|
| <b>Subject</b>                | : EXERCISE THERAPY II (2018)                                |
| <b>Class</b>                  | : BPT II (Sem-III)  |
| <b>Class In-charge</b>        | : Dr Amita Aggarwal (PT)                                    |
| <b>Subject Teacher</b>        | : Dr. Urvashi Sharma (PT)                                   |
| <b>Total Hours prescribed</b> | : 238 hours (Didactic-64, Practical/laboratory-126, SPT-48) |

| Sr No | Topic   | No. of hours required |    | Mode of Teaching   | Staff Name     |
|-------|---|-----------------------|----|--|----------------|
| 1     | Principle and classification, indications & contraindications of therapeutic exercise | 1                     | -  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Ajay M.    |
|       | Physiological and therapeutic effects of exercise                                     | 1                     | -  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                |
| 2     | Assessment of muscle strength - Subjective and objective methods (MMT, Dynamometry)   | 4                     | 10 | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Urvashi S. |
|       | Factors influencing strength and types of contraction                                 | 4                     | 3  | Lecture, Group discussion, Demonstrations                          |                |
|       | Principles of strength training   | 2                     | 3  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                |
| 3     | Biophysical properties of connective tissue   | 2                     | -  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Urvashi S. |
|       | Open Kinetic Chain and Close Kinetic Chain Exercises                                  | 2                     | 2  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                |
|       | Mobilization Methods & Stretching   | 6                     | 10 | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                |
| 4     | Normal posture  | 1                     | -  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Ajay M.    |
|       | Abnormal Posture, Assessment of posture, Other Methods of assessment                  | 2                     | 3  | Clinical Teaching, Demonstrations Lecture, Group discussion,       |                |
|       | Static and dynamic balance  | 2                     | 2  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                |
| 5     | Overview of normal gait and its components  | 1                     | 3  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Ajay M.    |
|       | Gait deviations   | 2                     | 5  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                |
|       | Walking aids, Crutch Gaits, Training for different conditions                         | 2                     | 6  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                |
| 6     | Introduction to Co-ordination and balance   | 1                     | -  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Ajay M.    |

|    |  |   |    |  |                               |
|----|--|---|----|--|-------------------------------|
| 6  | Methods of coordination, Frenkel's exercises, Types of coordination & balance loss | 2 | 4  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
|    | Physiology of incoordination, Balance loss and Training                            | 2 | 4  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
| 7  | Introduction to PNF  | 1 | -  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Urvashi S.                |
|    | Patterns and Techniques of PNF   | 2 | 3  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
| 8  | Breathing exercises – Inspiratory, expiratory, segmental                           | 1 | 2  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Ajay M.                   |
|    | Coughing/ Huffing  | 1 | 2  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
|    | Inspiratory cycle of breathing   | 1 | 2  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
|    | Physiology of Breathing exercises  | 1 | 2  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
|    | Indications of Breathing exercises   | 1 | 2  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
| 9  | Postural drainage / Autogenic drainage   | 3 | 8  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Urvashi S.                |
|    | Humidification   | 2 | 4  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
| 10 | Principles of ergonomics   | 2 | 3  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Ajay M.                   |
| 11 | Functional motor skills  | 1 | 2  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Ajay M.<br>Dr. Urvashi S. |
|    | Mobility training  | 3 | 4  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
|    | Practical applications   | 3 | 4  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
|    | Mat exercises  | 4 | 4  | Lecture, Group discussion, Demonstrations, PowerPoint presentation |                               |
| 12 | 6 Minute walk test Theory  | 1 | 4  | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Urvashi S.                |
| 13 | Supervised Laboratory Training   | - | 25 | Lecture, Group discussion, Demonstrations, PowerPoint presentation | Dr. Ajay M.<br>Dr. Urvashi S. |

**Total Didactic Hours**

|                              |   |                  |
|------------------------------|---|------------------|
| <b>Theory</b>                | - | 64 hours         |
| Practical                    | - | 190 hours        |
| SPT                          | - | 48 hours         |
| <b>Total Scheduled Hours</b> | - | <b>238 Hours</b> |

Subject Incharge

Principal