

MOHAN BABU UNIVERSITY

Sree Sainath Nagar, Tirupati – 517 102



SCHOOL OF PARAMEDICAL, ALLIED AND HEALTH CARE SCIENCES

Master of Physiotherapy - Orthopaedics

CURRICULUM AND SYLLABUS *(From 2022-23 Admitted Batches)*

FULLY FLEXIBLE CHOICE BASED CREDIT SYSTEM (FFCBCS)



MOHAN BABU UNIVERSITY

Vision

To be a globally respected institution with an innovative and entrepreneurial culture that offers transformative education to advance sustainability and societal good.

Mission

- ❖ Develop industry-focused professionals with a global perspective.
- ❖ Offer academic programs that provide transformative learning experience founded on the spirit of curiosity, innovation, and integrity.
- ❖ Create confluence of research, innovation, and ideation to bring about sustainable and socially relevant enterprises.
- ❖ Uphold high standards of professional ethics leading to harmonious relationship with environment and society.

SCHOOL OF PARAMEDICAL, ALLIED AND HEALTH CARE SCIENCES

Vision

To be the global center of excellence for paramedical and allied health science education, research, innovation, incubation, consultancy and public service.

Mission

- ❖ Inspire the experts of paramedical and allied health sciences of tomorrow to take on the public health challenges of our society.
- ❖ Train the students with fundamental knowledge of paramedical and allied health sciences, skills set and positive attitude for creating innovative solutions to serve industry and community through congenial learning environment with contemporary academic programs, state of the art infrastructure facilities and community health programs.
- ❖ Facilitate budding paramedical and allied health science experts with the best research-innovation-incubation-start-up ecosystem to realize their fullest potential for sustainable businesses.
- ❖ Encourage faculty and staff to excel in their respective domains of expertise and demonstrate the best of their abilities by way of continuing education, research support and consultancy.

Master of Physiotherapy - Orthopaedics

PROGRAM EDUCATIONAL OBJECTIVES

After few years of graduation, the graduates of MPT will:

- PEO1.** Evolve as an entrepreneur or be employed in physiotherapy practice.
- PEO2.** Pursued research studies in the field of physiotherapy and allied areas.
- PEO3.** Continued to learn and to adapt evolving concepts and technologies in the core or allied Physiotherapy.

PROGRAM OUTCOMES

On successful completion of the Program, the graduates of MPT Program will be able to:

- P01. Knowledge:** Apply evidence-based concepts of physiotherapy and its therapeutic procedures.
- P02. Analysis:** Analyze, evaluate and diagnose various problems using research-based knowledge and research methods in Physiotherapy practice.
- P03. Tools & Techniques:** Identify appropriate strategies and rehabilitative approaches to restore normal activities of daily living.
- P04. Ethics and Society:** Apply the ethical principles of health care practices for sustainable development of society
- P05. Individual and teamwork:** Function effectively as an individual, and as a member or leader in diverse teams, and multidisciplinary settings.
- P06. Effective Communication:** Communicate effectively on Paramedical & allied Health care activities with the treating patient, community and with society at large, such as, being able to comprehend and write effective reports and design documentation, make effective presentations, and give and receive clear instructions.
- P07. Project and Finance Management:** Demonstrate knowledge and understanding the management principles and apply these to one's own work to manage projects in multidisciplinary health care system.
- P08. Life-long learning:** Adapt to the changes and advancements in technology and engage in independent and lifelong learning

PROGRAM SPECIFIC OUTCOMES

On successful completion of the Program, the graduates of MPT-Orthopedic program will be able to:

- PSO1.** Analyze and apply appropriate Orthopedic treatment plan with clinical reasoning.
- PSO2.** Analyze the problem and advice suitable ergonomics for corrections of postures.
- PSO3.** Demonstrate appropriate exercises for health and physical fitness.

Master of Physiotherapy - Orthopaedics

Basket Wise - Credit Distribution

S. No.	Basket	Credits (Min. - Max.)
1	SCHOOL CORE	48-50
2	PROGRAM CORE	29-32
3	PROGRAM ELECTIVE	20-26
4	UNIVERSITY ELECTIVE	3-6
TOTAL CREDITS		Min. 100

SCHOOL CORE (50-52 Credits)

Course Code	Title of the Course	Lecture	Tutorial	Practical	Project Based Learning	Credits	Pre-requisite
		L	T	P	S	C	
22PT201001	Research Methodology for Biostatistics	4	-	-	-	4	-
22PT211001	Clinical Training-I	-	-	-	-	6	-
22PT211002	Clinical Training-II	-	-	-	-	6	Clinical Training-I
22PT211003	Clinical Training-III	-	-	-	-	8	Clinical Training-II
22PT211004	Clinical Training-IV	-	-	-	-	8	Clinical Training-III
22PT211005	Literature Review and Teaching –I	-	-	-	-	1	-
22PT211006	Literature Review and Teaching –II	-	-	-	-	1	Literature Review and Teaching –I
22PT211007	Literature Review and Teaching –III	-	-	-	-	1	Literature Review and Teaching –II
22PT211008	Literature Review and Teaching –IV	-	-	-	-	1	Literature Review and Teaching –III
22AB211001	Community Camp I	-	-	-	-	1	-
22AB211002	Community Camp II	-	-	-	-	1	Community Camp I
22PT211009	Dissertation	-	-	-	-	10	-
22PT201007	Research Methodology and Biostatistics	4	-	-	-	4	-
Mandatory Courses (Min. 4 Credits to be earned, Earned Credits will not be considered for CGPA)							
22MG207601	Project Management	2	-	-	-	2	-
22MG207602	Essentials of Business Etiquettes	2	-	-	-	2	-
22CE201701M	Disaster Management	3	-	-	-	3	-
22CM207601M	Essential of Leadership	2	-	-	-	2	-

Note: Clinical Training-I & II - 3 Hours/day; Clinical Training-III & IV -5 Hours/day;

PROGRAM CORE (28-32Credits)

Course Code	Title of the Course	Lecture	Tutorial	Practical	Project Based Learning	Credits	Pre-requisite
		L	T	P	S	C	
22PT201002	Principles of Physiotherapy Practice	2	-	-	-	2	-
22PT202001	Exercise Physiology and Nutrition	4	-	2	-	5	-
22PT202002	Clinical Electrophysiology	5	-	2	-	6	-
22PT202003	Clinical Biomechanics and Kinesiology	3	1	2	-	5	-
22PT202004	Advanced Physiotherapeutic-I	3	-	2	-	4	-
22PT202005	Advanced Physiotherapeutic-II	2	-	2	-	3	-
22PT202006	Physiotherapy Diagnosis and Clinical Decision Making	3	-	2	-	4	Clinical Electrophysiology
22PT201003	Sports for Fitness, Prosthetics and Orthotics	4	-	-	-	4	-

PROGRAM ELECTIVE (20-26 Credits)

Course Code	Title of the Course	Lecture	Tutorial	Practical	Project Based Learning	Credits	Pre-requisite
		L	T	P	S	C	
22PT202007	Basic Science – Orthopaedics	4	-	2	-	5	Clinical Biomechanics and Kinesiology
22PT201004	Clinical Orthopaedics	5	-	-	-	5	-
22PT202008	Orthopaedic Assessment and Evaluation	4	-	2	-	5	Clinical Orthopaedics
22PT202009	Orthopaedic Physiotherapy Interventions	4	-	2	-	5	Clinical Orthopaedics
22PT202012	Physiotherapy in Sports Medicine	4	-	2	-	5	-
22PT201005	Geriatrics Physiotherapy	2	-	-	-	2	-

UNIVERSITY ELECTIVE (3-6 Credits)

Course Code	Title of the Course	Lecture	Tutorial	Practical	Project based Learning	Credits	Pre-requisite
		L	T	P	S	C	
22CB101703	Forensic Science	3	-	-	-	3	-
22EC101701	AI in Healthcare	3	-	-	-	3	-
22SS201701	Value Education	3	-	-	-	3	-
22SS201702	Pedagogy Studies	3	-	-	-	3	-
22LG201701M	Personality Development	3	-	-	-	3	-

Note:

1. If any student has chosen a course or equivalent course from the above list in their regular curriculum then, he/she is not eligible to opt the same course/s under University Elective.
2. The student can choose courses from other disciplines offered across the schools of MBU satisfying the pre-requisite other than the above list.

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22PT201001	RESEARCH METHODOLOGY FOR BIOSTATISTICS	4	-	-	-	4
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: The course is developed for the students to understand the underlying concepts of research methodology and a systematic approach for carrying out research in the domain of interest. The course is emphasised on developing skills to recognise and reflect the strength and limitation of different types of research; data collection methods, methods of Processing and analysing data. The course also emphasises on interpreting the findings and research articulating skills.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Demonstrate the underlying concepts of research methodology, types of research and the systematic research process and philosophy of research design.
- CO2.** Demonstrate the philosophy of formulation of research problem, methods of data collection, review of literature and formulation of working hypothesis.
- CO3.** Demonstrate the philosophy of biostatistics and its relevance to research methodology for carrying research in the domain.
- CO4.** Analyze various data processing & techniques and their significance in research.
- CO5.** Develop skills to interpret the findings and research articulating skills along with the ethics of research.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	-	-	-	-	-	-	-	3	-	-
CO2	3	2	1	-	-	-	-	-	3	-	-
CO3	3	1	-	-	-	-	-	-	3	-	-
CO4	3	3	2	-	-	-	-	-	3	-	-
CO5	3	2	1	-	-	3	-	1	3	-	-
Course Correlation Level	3	2	2	-	-	3	-	1	3	-	-

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: INTRODUCTION TO RESEARCH METHODOLOGY

(10 Periods)

Meaning of Research, Objectives of Research, Motivation in Research, Types of Research, Research Approaches, Significance of Research, Research and Scientific Method, Research Process, Criteria of Good Research. Research design—Basic Principles, Need of research design, Features of good design, Basic principles of experimental designs,

Module 2: RESEARCH PROBLEM FORMULATION

(10 Periods)

Defining and formulating the research problem - Selecting the problem - Necessity of defining the problem - Importance of literature review in defining a problem – Data collection – Primary and secondary sources; Critical literature review – Identifying gap areas from literature review, Development of working hypothesis.

Module 3: INTRODUCTION TO BIOSTATISTICS

(12 Periods)

Meaning, definition, characteristics of statistics. Importance of the study of statistics, Branches of statistics, Statistics and health science including physiotherapy, Parameters and Estimates, Descriptive and inferential statistics, Variables and their types, Measurement scales.

Module 4: STATISTICAL ANALYSIS OF DATA

(18 periods)

Need for measures of central Tendency: mean, median and mode, Guidelines for the use of various measures of central tendency, Standard deviation; Need for sampling - Criteria for good samples, Application of sampling in community, Procedures of sampling and sampling designs errors; Correlation and Regression; Analysis of variance (ANOVA): Basic principle of ANOVA, ANOVA technique; Normal distribution.

Module 5: INTERPRETATION AND REPORT WRITING

(10 Periods)

Interpretation: Meaning of interpretation; Techniques of interpretation; Precautions in Interpretation.

Report Writing:

Significance, Different Steps, Layout, Types of reports, Mechanics of Writing a Scientific Research Reports and journals, Precautions in Writing Reports-Plagiarism, Critics in the research.

Total Periods: 60

EXPERIENTIAL LEARNING

1. Conduct a survey based on a hypothesis, analyze the data collected and draw the inferences from the data.
2. Review the literature on the given topic and should identify the scope/gaps in the literature and develop a research hypothesis.
3. Study a case, formulate the hypothesis and identify an appropriate testing technique for the hypothesis.
4. Study an article and submit a report on the inferences and should interpret the findings of the article.

BOOKS:

1. C.R. Kothari, *Research Methodology: Methods and Techniques*, New Age International Publishers, 2nd revised edition, New Delhi, 2004.

2. Mahajan: methods in biostatistics for medical students & research workers. Jaypee Brothers Medical Publishers; 9th edition (28th February 2018)
3. R. Panneerselvam, *Research Methodology*, PHI learning Pvt. Ltd., 2009.
4. Carolyn M. Hicks: Research methodology for clinical therapist. Churchill Livingstone; 5th edition (7th August 2009)

VIDEO LECTURES:

1. <https://nptel.ac.in/courses/121106007>
2. https://onlinecourses.nptel.ac.in/noc22_ge08/preview
3. <https://www.youtube.com/watch?v=VK-rnA3-41c>

Web Resources:

1. <https://www.scribbr.com/category/methodology/>
2. <https://leverageedu.com/blog/research-design/>
3. <https://prothesiswriter.com/blog/how-to-formulate-research-problem>
4. <https://www.formpl.us/blog/hypothesis-testing>
5. <https://www.datapine.com/blog/data-interpretation-methods-benefits-problems/>
6. <https://leverageedu.com/blog/report-writing/>

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22PT211001	CLINICAL TRAINING-I	-	-	-	-	6

Pre-Requisite -

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course provides assessing & evaluating the patient and advising appropriate treatment.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Assess the patient illness by proper examination.
- CO2.** Identify the patient clinical condition and advise appropriate physiotherapy treatment.
- CO3.** Work individually and in teams following ethical practice.
- CO4.** Record the clinical studies for future advancements.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	1	-	-	-	-	-	3	-	-
CO2	3	1	3	-	-	-	-	-	-	3	3
CO3	-	-	-	3	3	-	-	-	-	-	-
CO4	3	1	-	-	3	3	-	2	-	-	-
Course Correlation Mapping	3	2	2	3	3	3	-	2	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

Note:

Clinical Training-I - **6 Credits**;

Clinical Training-I - 3 Hours/day.

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22PT211002	CLINICAL TRAINING-II	-	-	-	-	6

Pre-Requisite - 22PT211001- Clinical Training-I

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course provides assessing & evaluating the patient and advising appropriate treatment.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Assess the patient illness by proper examination.
- CO2.** Identify the patient clinical condition and advise appropriate physiotherapy treatment.
- CO3.** Work individually and in teams following ethical practice.
- CO4.** Record the clinical studies for future advancements.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	1	-	-	-	-	-	3	-	-
CO2	3	1	3	-	-	-	-	-	-	3	3
CO3	-	-	-	3	3	-	-	-	-	-	-
CO4	3	1	-	-	3	3	-	2	-	-	-
Course Correlation Mapping	3	2	2	3	3	3	-	2	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

Note:

Clinical Training-II –**6 Credits**.

Clinical Training-II -3 Hours/day.

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22PT211003	CLINICAL TRAINING-III	-	-	-	-	8

Pre-Requisite - 22PT21102- Clinical Training-II

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course provides assessing & evaluating the patient and advising appropriate treatment.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Assess the patient illness by proper examination.
- CO2.** Identify the patient clinical condition and advise appropriate physiotherapy treatment.
- CO3.** Work individually and in teams following ethical practice.
- CO4.** Record the clinical studies for future advancements.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	1	-	-	-	-	-	3	-	-
CO2	3	1	3	-	-	-	-	-	-	3	3
CO3	-	-	-	3	3	-	-	-	-	-	-
CO4	3	1	-	-	3	3	-	2	-	-	-
Course Correlation Mapping	3	2	2	3	3	3	-	2	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

Note:

Clinical Training-III -8 Credits;

Clinical Training-III - 5 Hours/day.

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22PT211004	CLINICAL TRAINING-IV	-	-	-	-	8

Pre-Requisite - 22PT21103- Clinical Training-III

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course provides assessing & evaluating the patient and advising appropriate treatment.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Assess the patient illness by proper examination.
- CO2.** Identify the patient clinical condition and advise appropriate physiotherapy treatment.
- CO3.** Work individually and in teams following ethical practice.
- CO4.** Record the clinical studies for future advancements.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	1	-	-	-	-	-	3	-	-
CO2	3	1	3	-	-	-	-	-	-	3	3
CO3	-	-	-	3	3	-	-	-	-	-	-
CO4	3	1	-	-	3	3	-	2	-	-	-
Course Correlation Mapping	3	2	2	3	3	3	-	2	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

Note:

Clinical Training-IV - **8 Credits**;

Clinical Training-IV - 5 Hours/day.

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22PT211005	LITERATURE REVIEW AND TEACHING-I	-	-	-	-	1

Pre-Requisite -

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course deals with presentations on recent advancements and teaching for under-graduate students.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

CO1. Formulate problem based on the review program specific literature on a chosen topic.

CO2. Demonstrate teaching capabilities on discipline specific topics at under graduate level.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	3	1	1	3	-	2	3	3	3
CO2	3	1	1	-	-	3	-	2	3	3	3
Course Correlation Mapping	3	2	2	1	1	3	-	2	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

Note:

Applicable to Literature Review and Teaching-I-1 Credit.

Literature Review and Teaching-I- 1 Hour/Week

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22PT211006	LITERATURE REVIEW AND TEACHING-II	-	-	-	-	1

Pre-Requisite - 22PT211005- Literature Review And Teaching-I

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course deals with presentations on recent advancements and teaching for under-graduate students.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

CO3. Formulate problem based on the review program specific literature on a chosen topic.

CO4. Demonstrate teaching capabilities on discipline specific topics at under graduate level.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	3	1	1	3	-	2	3	3	3
CO2	3	1	1	-	-	3	-	2	3	3	3
Course Correlation Mapping	3	2	2	1	1	3	-	2	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

Note:

Applicable to Literature Review and Teaching-II-1 Credit.

Literature Review and Teaching-II- 1 Hour/Week

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22PT211007	LITERATURE REVIEW AND TEACHING-III	-	-	-	-	1

Pre-Requisite - 22PT21106- Literature Review And Teaching-II

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course deals with presentations on recent advancements and teaching for under-graduate students.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

CO1. Formulate problem based on the review program specific literature on a chosen topic.

CO2. Demonstrate teaching capabilities on discipline specific topics at under graduate level.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	3	1	1	3	-	2	3	3	3
CO2	3	1	1	-	-	3	-	2	3	3	3
Course Correlation Mapping	3	2	2	1	1	3	-	2	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

Note:

Applicable to Literature Review and Teaching-III-1 Credit.

Literature Review and Teaching-III- 1 Hour/Week

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22PT211008	LITERATURE REVIEW AND TEACHING-IV	-	-	-	-	1

Pre-Requisite - 22PT21107- Literature Review And Teaching-III

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course deals with presentations on recent advancements and teaching for under-graduate students.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

CO5. Formulate problem based on the review program specific literature on a chosen topic.

CO6. Demonstrate teaching capabilities on discipline specific topics at under graduate level.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	3	1	1	3	-	2	3	3	3
CO2	3	1	1	-	-	3	-	2	3	3	3
Course Correlation Mapping	3	2	2	1	1	3	-	2	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

Note:

Applicable to Literature Review and Teaching-IV-1 Credit.

Literature Review and Teaching-IV- 1 Hour/Week

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22AB211001	COMMUNITY CAMP – I	-	-	-	-	1

Pre-Requisite -

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course deals with community physiotherapy includes community-based rehabilitation for disabled, incorporating physical activity and education for people with chronic conditions, women's health, geriatric health. Awareness on physiotherapy in enhancing quality of life.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

CO1. Understand the importance of physiotherapy at community level in enhancing the quality of life.

CO2. Knowledge on prevention and health promotion of communicable diseases.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	3	1	1	3	-	2	3	3	3
CO2	3	1	1	1	1	3	-	2	3	3	3
Course Correlation Mapping	3	2	2	1	1	3	-	2	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

Note: Applicable to Literature Review and Teaching–I & II.

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22AB211002	COMMUNITY CAMP – II	-	-	-	-	1

Pre-Requisite - 22AB211001- Community Camp – I

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course deals with community physiotherapy includes community-based rehabilitation for disabled, incorporating physical activity and education for people with chronic conditions, women's health, geriatric health. Awareness on physiotherapy in enhancing quality of life.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

CO3. Understand the importance of physiotherapy at community level in enhancing the quality of life.

CO4. Knowledge on prevention and health promotion of communicable diseases.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	3	1	1	3	-	2	3	3	3
CO2	3	1	1	1	1	3	-	2	3	3	3
Course Correlation Mapping	3	2	2	1	1	3	-	2	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

Note: Applicable to Literature Review and Teaching–II & III.

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22PT201007	RESEARCH METHODOLOGY AND BIOSTATISTICS	4	-	-	-	4

Pre-Requisite -

Anti-Requisite - 22PT201001- Research Methodology For Biostatistics

Co-Requisite -

COURSE DESCRIPTION: The course is developed for the students to understand the underlying concepts of research methodology and a systematic approach for carrying out research in the domain of interest. The course is emphasised on developing skills to recognise and reflect the strength and limitation of different types of research; data collection methods, methods of Processing and analysing data. The course also emphasises on interpreting the findings and research articulating skills.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- C01.** Demonstrate the underlying concepts of research methodology, types of research and the systematic research process and philosophy of research design.
- C02.** Demonstrate the philosophy of formulation of research problem, methods of data collection, review of literature and formulation of working hypothesis.
- C03.** Demonstrate the philosophy of biostatistics and its relevance to research methodology for carrying research in the domain.
- C04.** Analyze various data processing & techniques and their significance in research.
- C05.** Develop skills to interpret the findings and research articulating skills along with the ethics of research.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
C01	3	-	-	-	-	-	-	-	3	-	-
C02	3	2	1	-	-	-	-	-	3	-	-
C03	3	1	-	-	-	-	-	-	3	-	-
C04	3	3	2	-	-	-	-	-	3	-	-
C05	3	2	1	-	-	3	-	1	3	-	-
Course Correlation Level	3	2	2	-	-	3	-	1	3	-	-

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: INTRODUCTION TO RESEARCH METHODOLOGY

(10 Periods)

Meaning of Research, Objectives of Research, Motivation in Research, Types of Research, Research Approaches, Significance of Research, Research and Scientific Method, Research Process, Criteria of Good Research. Research design—Basic Principles, Need of research design, Features of good design, Basic principles of experimental designs,

Module 2: RESEARCH PROBLEM FORMULATION

(10 Periods)

Defining and formulating the research problem - Selecting the problem - Necessity of defining the problem - Importance of literature review in defining a problem – Data collection – Primary and secondary sources; Critical literature review – Identifying gap areas from literature review, Development of working hypothesis.

Module 3: INTRODUCTION TO BIOSTATISTICS

(12 Periods)

Meaning, definition, characteristics of statistics. Importance of the study of statistics, Branches of statistics, Statistics and health science including physiotherapy, Parameters and Estimates, Descriptive and inferential statistics, Variables and their types, Measurement scales.

Module 4: STATISTICAL ANALYSIS OF DATA

(18 periods)

Need for measures of central Tendency: mean, median and mode, Guidelines for the use of various measures of central tendency, Standard deviation; Need for sampling - Criteria for good samples, Application of sampling in community, Procedures of sampling and sampling designs errors; Correlation and Regression; Analysis of variance (ANOVA): Basic principle of ANOVA, ANOVA technique; Normal distribution.

Module 5: INTERPRETATION AND REPORT WRITING

(10 Periods)

Interpretation: Meaning of interpretation; Techniques of interpretation; Precautions in Interpretation.

Report Writing:

Significance, Different Steps, Layout, Types of reports, Mechanics of Writing a Scientific Research Reports and journals, Precautions in Writing Reports-Plagiarism, Critics in the research.

Total Periods: 60

EXPERIENTIAL LEARNING

5. Conduct a survey based on a hypothesis, analyze the data collected and draw the inferences from the data.
6. Review the literature on the given topic and should identify the scope/gaps in the literature and develop a research hypothesis.
7. Study a case, formulate the hypothesis and identify an appropriate testing technique for the hypothesis.
8. Study an article and submit a report on the inferences and should interpret the findings of the article.

BOOKS:

1. C.R. Kothari, *Research Methodology: Methods and Techniques*, New Age International Publishers, 2nd revised edition, New Delhi, 2004.

2. Mahajan: methods in biostatistics for medical students & research workers. Jaypee Brothers Medical Publishers; 9th edition (28th February 2018)
- 3.
4. R. Panneerselvam, *Research Methodology*, PHI learning Pvt. Ltd., 2009.
5. Carolyn M. Hicks: Research methodology for clinical therapist. Churchill Livingstone; 5th edition (7th August 2009)

VIDEO LECTURES:

1. <https://nptel.ac.in/courses/121106007>
2. https://onlinecourses.nptel.ac.in/noc22_ge08/preview
3. <https://www.youtube.com/watch?v=VK-rnA3-41c>

Web Resources:

1. <https://www.scribbr.com/category/methodology/>
2. <https://leverageedu.com/blog/research-design/>
3. <https://prothesiswriter.com/blog/how-to-formulate-research-problem>
4. <https://www.formpl.us/blog/hypothesis-testing>
5. <https://www.datapine.com/blog/data-interpretation-methods-benefits-problems/>
6. <https://leverageedu.com/blog/report-writing/>

MANDATORY COURSES

Course Code	Course Title	L	T	P	S	C
22MG207601	PROJECT MANAGEMENT	2	-	-	-	2
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite						

COURSE DESCRIPTION: To understand the importance of decision-making while implementing any project and interpret and discuss the results of qualitative and quantitative analysis

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1** Understand the basic introduction to project management
- CO2** Apply the methods of project identification and selection.
- CO3** Understand project allocation methods and evaluation.
- CO4** Analyse the techniques for project time, review, and cost
- CO5** Understand the factors of risk and quality of a project.

CO-PO Mapping Table:

Course Outcomes	Program Outcomes								
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
CO1	2	1	2	1	-	-	-	-	-
CO2	1	1	2	2	-		2		1
CO3	2	2	1	2	1	-	-	1	-
CO4	3	1	2	2	1	-	-	-	-
CO5	2	2	1	2	1	1	-	-	-
Course Correlation Mapping	2	2	2	2	1	1	2	1	1

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: Introduction

(05 Periods)

Concept of project management, project definition and key features of projects, project life cycle phases, typical project management issues, basic project activities

Module 2: Project Identification and Selection

(06 Periods)

Identification and screening (brainstorming, strength and weakness in the system, environmental opportunities and threats), Project evaluation methods- Payback period, Net present value, Internal rate of return and project evaluation under uncertainty.

Module 3: Project Resource Management**(07 Periods)**

Scheduling resources, resource allocation methods, project crashing and resource leveling, working of systems, design of systems, project work system design, project execution plan, project procedure manual project control system, planning scheduling and monitoring

Module 4: Time and Cost Management**(05 Periods)**

Time Management-Network diagram, forward and backward pass, critical path, PERT and CPM, AOA and AON methods, tools for project network, Cost management-earned value method

Module 5: Risk and Quality Management**(07 Periods)**

Risk identification, types of risk, risk checklist, risk management tactics, risk mitigation and contingency planning, risk register, communication management, Quality assurance and quality control, quality audit, methods of enhancing quality

Total Periods: 30**EXPERIENTIAL LEARNING**

1. Refer to any video lecture on project evaluation methods and give a brief seminar using PPT
2. Select any company wherein you will get the details of activities and time and draw the project network diagram and submit a report.

3.

Activity	Predecessor Activity	Normal Time (Weeks)	Crash Time (Weeks)	Normal Cost (Rs.)	Crash Cost (Rs.)
A	-	4	3	8,000	9,000
B	A	5	3	16,000	20,000
C	A	4	3	12,000	13,000
D	B	6	5	34,000	35,000
E	C	6	4	42,000	44,000
F	D	5	4	16,000	16,500
G	E	7	4	66,000	72,000
H	G	4	3	2,000	5,000

Determine a crashing scheme for the above project so that the total project time is reduced by 3 weeks

4. Collect any case study that discusses the process of probability calculation of success of the project and submit a report

RESOURCES**TEXT BOOKS:**

1. R.Panneerselvam and P.Senthil Kumar (2013), Project Management, PHI Learning Private Limited.

2. Prasanna Chandra (2014), Projects: Planning, Analysis, Selection, Financing, implementation, and Review.

REFERENCE BOOKS:

1. A Guide to the Project Management Body of Knowledge: (PMBOK Guide) by Project Management Institute, 2013.
2. Gopala Krishnan & Rama Murthy, A Text book of Project Management, McMillan India.
3. S. Choudhary (2004), Project Management, Tata McGraw Hill Publication.

VIDEO LECTURES:

1. https://onlinecourses.nptel.ac.in/noc19_mg30/preview
2. <https://archive.nptel.ac.in/courses/110/104/110104073/>

Web Resources:

1. <https://www.pmi.org/about/learn-about-pmi/what-is-project-management>
2. <https://www.manage.gov.in/studymaterial/PM.pdf>

MANDATORY COURSES

Course Code	Course Title	L	T	P	S	C
22MG207602	ESSENTIALS OF BUSINESS ETIQUETTES	2	-	-	-	2
Pre-Requisite						
Anti-Requisite						
Co-Requisite -						

COURSE DESCRIPTION: This course is designed for learners who desire to improve their Business etiquette and professionalism.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** learn the principles of business etiquettes and professional behavior
- CO2.** understand the etiquettes for making business correspondence effective
- CO3.** Develop awareness of dining and multicultural etiquettes
- CO4.** Demonstrate an understanding of professionalism in terms of workplace behaviors and workplace relationships.
- CO5.** Understand attitudes and behaviors consistent with standard workplace expectations.

CO-PO Mapping Table:

Course Outcomes	Program Outcomes											
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1	1	1	-	-	-	1	-	-	-	-	-	-
CO2	1	1	2	1	-	1	-	-	-	-	-	-
CO3	2	-	2	-	1	-	-	-	-	2	-	-
CO4	1	2	-	1	-	-	-	-	-	2	-	-
CO5	1	2	1	-	-	-	-	-	-	2	2	-
Course Correlation Mapping	2	2	2	1	1	1	-	-	-	2	2	-

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: Business Etiquettes- An Overview (06 Periods)

Significance of Business Etiquettes in 21st Century- Professional Advantage; Need and Importance of Professionalism; Workplace Etiquette: Etiquette for Personal Contact- Personal Appearance, Gestures, Postures, Facial Expressions, Eye-contact, Space distancing

Module 2: Communication Skills (06 Periods)

Understanding Human Communication, Constitutive Processes of Communication, Language as a tool of communication, Barriers to Effective communication, and Strategies to Overcome the Barriers.

Module 3: Teamwork and Leadership Skills (06 Periods)

Concept of Teams; Building effective teams; Concept of Leadership and honing Leadership skills. Personality: Meaning & Definition, Determinants of Personality, Personality Traits, Personality and Organisational Behaviour Motivation: Nature & Importance, Herzberg's Two Factor theory, Maslow's Need Hierarchy theory, Alderfer's ERG theory

Module 4: Interview Skills (06 Periods)

Interview Skills: in-depth perspectives, Interviewer and Interviewee, Before, During and After the Interview, Tips for Success. Meeting Etiquette: Managing a Meeting-Meeting agenda, Minute taking,; Duties of the chairperson and secretary; Effective Meeting Strategies - Preparing for the meeting, Conducting the meeting, Evaluating the meeting

Module 5: Decision-Making and Problem-Solving Skills (06 Periods)

Decision-Making and Problem-Solving Skills: Meaning, Types and Models, Group and Ethical Decision-Making, Problems and Dilemmas in application of these skills. Conflict Management: Conflict - Definition, Nature, Types and Causes; Methods of Conflict Resolution.

Total Periods:30

EXPERIENTIAL LEARNING

LIST OF EXPERIMENTS:

1. Collect the case studies related to successful leaders and their traits.
2. Conduct a mock interview showcasing interview skills.
3. The case studies will be collected as Assignments and the same will be evaluated.

RESOURCES

TEXT BOOKS:

1. Barbara Pachter, Marjorie Brody. Complete Business Etiquette Handbook. Prentice Hall, 2015.
2. Mahanand, Anand. English for Academic and Professional Skills. Delhi: McGraw, 2013. Print.

REFERENCE BOOKS:

1. Pease, Allan and Barbara Pease. The Definitive Book of Body Language. New Delhi: Manjul Publishing, 2011.
2. Rani, D Sudha, TVS Reddy, D Ravi, and AS Jyotsna. A Workbook on English Grammar and Composition. New Delhi: Pearson Education, 2010.

VIDEO LECTURES:

1. <https://www.youtube.com/watch?v=NqlfZOPMqjA>
2. <http://www.nitttrc.edu.in/nptel/courses/video/109104107/L24.html>

Web Resources:

1. <http://elibrary.gci.edu.np/bitstream/123456789/685/1/BM-783%20The%20Essential%20Guide%20to%20Business%20Etiquette%20by%20Lillian%20H.%20Carter.pdf>
2. [The Essentials of Business Etiquette: How to Greet, Eat, and Tweet Your Way to Success by Barbara Pachter \(everand.com\)](http://www.everand.com/the-essentials-of-business-etiquette-how-to-greet-eat-and-tweet-your-way-to-success-by-barbara-pachter/)

SCHOOL CORE

Course Code	Course Title	L	T	P	S	C
22CE201701M	DISASTER MANAGEMENT	3	-	-	-	3
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course provides a detailed discussion on disaster prone areas in India, repercussions of disasters and hazards, disaster preparedness and management, risk assessment and disaster management.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Analyze the vulnerability of an area to natural and man-made disasters/hazards as per the guidelines to solve complex problems using appropriate techniques ensuring safety, environment and sustainability.
- CO2.** Analyze the causes and impacts of disasters using appropriate tools and techniques and suggest mitigation measures ensuring safety, environment and sustainability besides communicating effectively in graphical form.
- CO3.** Suggest the preparedness measures using appropriate tools and techniques and suggest mitigation measures ensuring safety, environment and sustainability.
- CO4.** Analyze the Risk Assessment using appropriate tools and techniques and suggest mitigation measures ensuring safety, environment and sustainability.
- CO5.** Design disaster management strategies to solve pre, during and post disaster problems using appropriate tools and techniques following the relevant guidelines and latest developments ensuring safety, environment and sustainability besides communicating effectively in graphical form.

CO-PO Mapping Table:

Course Outcomes	Program Outcomes											
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1	3	3	-	2	2	2	2	2	-	-	-	-
CO2	3	3	-	2	2	2	2	-	-	2	-	-
CO3	3	3	-	2	2	2	2	-	-	-	-	-
CO4	3	3	-	3	2	2	2	-	-	-	-	-
CO5	3	2	3	2	2	2	1	2	-	1	3	2
Course Correlation Mapping	3	3	3	3	2	2	2	2	-	2	3	2

Correlation Levels: **3: High;** **2: Medium;** **1: Low**

COURSE CONTENT

Module DISASTER PRONE AREAS IN INDIA (09 Periods)

1:

Introduction: Disaster: Definition, Factors and Significance; Difference Between Hazard and Disaster; Natural and Manmade Disasters: Difference, Nature, Types And Magnitude. **Disaster Prone Areas:** Study Of Seismic Zones; Areas Prone To Floods And Droughts, Landslides And Avalanches; Areas Prone To Cyclonic And Coastal Hazards With Special Reference To Tsunami; Post-Disaster Diseases And Epidemics.

Module REPERCUSSIONS OF DISASTERS AND HAZARDS (09 Periods)

2:

Economic Damage, Loss of Human and Animal Life, Destruction of Ecosystem. Natural Disasters: Earthquakes, Volcanisms, Cyclones, Tsunamis, Floods, Droughts

And Famines, Landslides And Avalanches, Man-made disaster: Nuclear Reactor Meltdown, Industrial Accidents, Oil Slicks And Spills, Outbreaks Of Disease And Epidemics, War And Conflicts.

Module DISASTER PREPAREDNESS AND MANAGEMENT (11 Periods)
3:

Preparedness: Monitoring Of Phenomena Triggering A Disaster Or Hazard; Evaluation Of Risk: Application Of Remote Sensing, Data From Meteorological And Other Agencies, Media Reports: Governmental And Community Preparedness.

Module RISK ASSESSMENT (08 Periods)
4:

Disaster Risk: Concept and Elements, Disaster Risk Reduction, Global and National Disaster Risk Situation. Techniques of Risk Assessment, Global Co-Operation In Risk Assessment And Warning, People's Participation In Risk Assessment. Strategies for Survival.

Module DISASTER MANAGEMENT (08 Periods)
5:

Disaster management organization and methodology, Disaster management cycle, Disaster management in India – Typical cases and Cost-benefit analysis, Disaster management programs implemented by NGOs and Government of India, Usage of GIS and Remote sensing techniques in disaster management, Leadership and Coordination in Disaster management, Emerging trends in disaster management.

Total Periods: 45

EXPERIENTIAL LEARNING

1. Perform hazard assessment and vulnerability analysis for any nearby town/city and prepare a detailed report of possible impacts of various disasters on environment, infrastructure and development.
2. Prepare a detailed report on the causes and effects of Tsunami that was occurred in the year 2004. Also discuss various advancements in Tsunami warning systems.
3. Identify the major causes of urban floods in cities like Chennai, Hyderabad & Mumbai. Also list various mitigation strategies to reduce the impact of floods.
4. Prepare a detailed report on how various man-made activities are directly/indirectly related to the occurrence of landslides that occurred in recent days in India.
5. Visit AP State Disaster Response and Fire Services Department and record about various methods used by them in mitigating disasters and their management.

RESOURCES

TEXT BOOKS:

1. Sharma V. K., *Disaster Management*, MedTech Publishing, 2nd Edition, 2013.
2. Anand S. Arya, Anup Karanth, and Ankush Agarwal, *Hazards, Disasters and Your Community: A Primer for Parliamentarians*, GOI–UNDP Disaster Risk Management Programme, Government of India, National Disaster Management Division, Ministry of Home Affairs, New Delhi, Version 1.0, 2005

REFERENCE BOOKS:

1. Donald Hyndman and David Hyndman, *Natural Hazards and Disasters*, Cengage Learning, USA, 5th Edition, 2015.
2. *Disaster Management in India*, A Status Report, Ministry of Home Affairs, Govt. of India, May 2011.
3. Rajendra Kumar Bhandari, *Disaster Education and Management: A Joyride for Students, Teachers, and Disaster Managers*, Springer India, 2014.
4. Singh R. B., *Natural Hazards and Disaster Management*, Rawat Publications, 2009.
5. R. Nishith, Singh AK, *Disaster Management in India: Perspectives, issues and strategies*, New Royal book Company.
6. Sahni, PardeepEt.Al. (Eds.), *Disaster Mitigation Experiences And Reflections*, Prentice Hall of India, New Delhi.
7. Goel S. L. , *Disaster Administration And Management Text And Case Studies*, Deep &Deep Publication Pvt. Ltd., New Delhi

VIDEO LECTURES:

1. <https://nptel.ac.in/courses/105104183>
2. <https://www.digimat.in/nptel/courses/video/124107010/L01.html>

WEB RESOURCES:

1. <https://egyankosh.ac.in/handle/123456789/25093>
2. <https://www.egyankosh.ac.in/handle/123456789/25912>
3. <https://www.nios.ac.in/media/documents/333courseE/12.pdf>
4. <https://ndmindia.mha.gov.in/images/public-awareness/Primer%20for%20Parliamentarians.pdf>

PROGRAM CORE

Course Code	Course Title	L	T	P	S	C
22PT201002	PRINCIPLES OF PHYSIOTHERAPY PRACTICE	2	-	-	-	2
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course provides a detailed discussion on physiotherapy principles, legal issues, and evidence-based physiotherapy practice.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- C01.** Demonstrate ethical, legal, rules and regulations of statutory bodies in physiotherapy practices.
- C02.** Demonstrate the managerial skills and opportunities available at various sectors in physiotherapy practice.
- C03.** Analyse and interpret various tests and scales in physiotherapy practices
- C04.** Apply appropriate tests to assess the condition of the patient and recommend suitable treatment by following ICF standards.
- C05.** Demonstrate the teaching, learning and counselling skills in physiotherapy education

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
C01	2	-	-	3	-	-	1	1	3	-	-
C02	3	-	-	-	-	2	3	-	3	-	-
C03	3	3	2	-	-	-	-	-	3	-	-
C04	3	2	3	1	-	1	-	-	3	-	-
C05	3	-	2	-	-	3	-	-	3	-	-
Course Correlation Mapping	3	3	2	2	-	2	2	1	3	-	-

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: Introduction to Physiotherapy Ethics & Legal issues (04 Periods)

Development of Physiotherapy Profession, Legal aspects in Physiotherapy Practice, Ethical issues in Practice of Physiotherapy– Clinical, Research & Academics. Administration, Legislation, Rules & Regulations governing Physiotherapy Practice. Future challenges in Physiotherapy.

Module 2: Standards and scope of Physiotherapy (07 Periods)

Scope of Physiotherapy in Hospital, Community & Industry. Planning, organization, budget, policy procedures and quality assurance. Communication skills, leadership in Physiotherapy. Roles of the physiotherapist. Standards for practice for physiotherapist and the criteria. Standardized tests and scales used in various types of cases for assessment and interpretation in Physiotherapy practice.

Module 3: Principles of Assessment, Management & Documentation (07 Periods)

History taking, assessment, tests, Patient communication, documentation of findings, treatment organization and planning/execution for intervention. Documentation of rehabilitation assessment and management using International Classification of Functioning Disability and Health(ICF).

Module 4: Concepts of Teaching & Learning in Physiotherapy Education (07 Periods)

Concepts of teaching and learning a) Theories of teaching b) relationship between Teaching and learning c) psychology of education d) Motivational process of learning perception, individual differences, intelligence, personality.

Module 5: Principles of Guidance & Counselling & Methods of Teaching (05 Periods)

Guidance and counseling Principles and concepts, guidance and counseling services of students and faculty. Mentorship in Physiotherapy, Principles and methods of teaching a) Strategies of teaching b) planning of teaching c) Organization d) writing lesson plans e) Audio-visual aids f) Teaching methods.

Total Periods: 30

EXPERIENTIAL LEARNING

1. How to improve the standards and future challenges of physiotherapy practice
2. Case studies of Legal issues in physiotherapy practice
3. Assessment of various tests and scales in physiotherapy
4. Demonstration of various teaching methods in physiotherapy education
5. Leadership versus Mentorship and its role in physiotherapy

RESOURCES

BOOKS:

1. Katherine K.Johnson: Bio ethics in Physical therapy; Cognella, Inc., publisher, 2022.
2. Barbara: Ethics in Rehabilitation; Slack publishers, 2ndEdition, 2012.
3. Nancy Kirsch: Professional issues & Ethics in Physical therapy- A case based approach; McGraw Hill publishers, 2ndEdition. 2022.
4. John Swain: The use of Counselling Skills; BH/Elsevier publisher, 1995.
5. Joy: Clinical Reasoning in the health professions; BH/Elsevier publisher, 3rd Edition, 2008.
6. Dr.Rajendra Rajput: Essentials of community physiotherapy & Ethics; Medico refresher publications, 2019.
7. Jennifer Green-Wilson: Learning to lead in Physical therapy; Slack Publications, 1stEdition, 2020.

VIDEO LECTURES:

1. <https://youtu.be/bf1Wzy1amuw>
2. <https://youtu.be/iFwZrNAeHks>
3. https://youtu.be/zU5_4kc0GjY

WEB RESOURCES:

1. <https://www.physio-pedia.com/Ethics>
2. https://world.physio/sites/default/files/2022-03/PS-2022-Ethical_responsibilities_principles_Eng.pdf
3. <https://collegeofphysiotherapy.com/the-iap-ethical-rules-regulations/>
4. https://www.researchgate.net/publication/323934923_Medico-Legal_Practice_and_Physiotherapy_A_Study_in_Mekelle_Ethiopia
5. <https://ncert.nic.in/textbook/pdf/lehe108.pdf>
6. <https://www.physiospot.com/2021/01/25/blended-learning-for-physiotherapy-education/>

PROGRAM CORE

Course Code	Course Title	L	T	P	S	C
22PT202001	EXERCISE PHYSIOLOGY AND NUTRITION	4	-	2	-	5
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course provides a detailed discussion on nutrition, energy metabolism & transfer, measurement of energy expenditure & energy conservation in different physical states and body composition & obesity control.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Demonstrate the influence of nutrition & special aids on physical performance.
- CO2.** Analyse and evaluate energy transfer, energy expenditure in different states of Physical activity.
- CO3.** Demonstrate the exercises and its effects on various systems of human body.
- CO4.** Analyse the effects on human body under various environmental conditions and suggesting appropriate training.
- CO5.** Evaluate the client fitness, clinical condition, geriatric problems and recommending appropriate exercises.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	-	2	1	-	-	-	-	3	-	3
CO2	3	3	2	-	-	-	-	-	3	-	3
CO3	3	1	-	-	-	-	-	-	3	-	3
CO4	3	3	3	-	-	-	-	-	3	-	3
CO5	3	3	3	1	-	-	-	-	3	-	3
Course Correlation Mapping	3	3	3	1	-	-	-	-	3	-	3

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: Introduction to Nutrition and Metabolism

(10 Periods)

Macro nutrients & Micro nutrients, Importance of water in exercise. Fatigue & its Assessment and how to control fatigue. Ergogenic aids/Special aids in sports performance. Carbohydrate, Protein & fat metabolism. Metabolic mill.

Module 2: Energy transfer and Energy expenditure on activities

(15 Periods)

Energy transfer in exercise, Measurement of Human energy expenditure. Human energy expenditure during rest and physical activity, Energy expenditure during walking jogging, running

and swimming. Individual differences and measurement of energy capacities.

Module 3: Effect of exercise on various systems

(10 Periods)

Responses and adaptations of the following systems to exercise and training: the cardio-pulmonary system, the musculoskeletal system, the nervous system, and the endocrine system.

Module 4: Environment influence & Exercise Performance

(10 Periods)

Mechanism of thermo regulation, Thermoregulation and environmental stress during exercise. Exercises at medium & High altitude. Sport diving, Microgravity- the cost frontier. Principles of Exercise Training, Enhancement of energy capacity - Training for anaerobic and aerobic power. Muscular strength: Training muscles to become stronger – Strength measurement and resistance training. Structural and functional adaptations to resistance training.

Module 5: Body composition, Assessment, Weight control & Prescription of Exercises

(15 Periods)

Body composition & Assessment, energy balance and physique, performance and physical activity, obesity and weight control. Exercise, successful aging and disease prevention. Aging and physiologic function, Physical activity, health and longevity, Coronary-heart disease. Clinical exercise prescription for cancer, cardiovascular and pulmonary Rehabilitation

Total Periods: 60

EXPERIENTIAL LEARNING

LIST OF EXPERIMENTS:

1. Influence of Nutrition & Special aids on Exercise Performance.
2. Measurement of Human energy Expenditure, Total daily energy expenditure & advice on Diet.
3. Demonstration of the exercises and its influence on cardio pulmonary system & other systems.
4. Measurement of Aerobic & Anaerobic Capacities.
5. Assessment of body composition & required exercise selection.

RESOURCES

BOOKS:

1. Axen: Illustrated principles of exercise physiology, Pearson publication, 2000.
2. Katch: Exercise physiology, energy nutrition, and human performance; Wolters Kluwer Health publication; 9th International Edition, 2022.
3. Shyamal Oley: Essentials of Exercise Physiology; Jaypee Brothers Medical Publishers, 1st Edition, 2018.
4. Swapankumardey: A textbook of sports & exercise physiology; Jaypee Brothers Medical Publishers; 2nd Edition, 2022.
5. Wilmore: Physiology of sport & Exercise. Human Kinetics publishers; 8th Edition, 2021.
6. Stephen R. Bird: Exercise physiology for health professionals; Nelson Thornes publishers Ltd, 1997

VIDEO LECTURES:

1. <https://youtu.be/LtO-DzWj0fc>
2. https://youtu.be/aq4TQ_0-oz4
3. https://youtu.be/QAiw_QtDaWI
4. <https://youtu.be/xUr6tS7QSdM>
5. <https://youtu.be/xQgYu4p1hvc>
6. <https://youtu.be/tBCtVoHTMzU>

WEB RESOURCES:

1. <https://www.pdfdrive.com/>
2. https://www.physio-pedia.com/Principles_of_Exercise
3. <https://nzihf.ac.nz/personal-training/exercise-principles/>
<https://sirc.ca/blog/environmental-factors-in-exercise-and-sports-performance/>
https://www.physio-pedia.com/Body_Composition
https://www.physio-pedia.com/Exercise_Endocrine_System_Interaction

PROGRAM CORE

Course Code	Course Title	L	T	P	S	C
22PT202002	CLINICAL ELECTROPHYSIOLOGY	5	-	2	-	6
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course provides a detailed discussion about various clinical modalities of electrophysiology.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Demonstrate the Excitable tissue of Nerve and Muscle in clinical electrophysiology
- CO2.** Analyze and evaluate the nerve conduction studies in clinical physiology.
- CO3.** Assess the diagnostic modalities in clinical Electrophysiology.
- CO4.** Evaluate the Clinical application of Electromyography and nerve conduction velocity.
- CO5.** Trace the pathways of nerve and brain in Adults and Paediatric Practice and role in Clinical Neurophysiology.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	1	2	-	-	-	-	-	3	-	-
CO2	3	2	3	-	-	-	-	-	3	-	-
CO3	3	3	3	-	-	-	-	1	3	-	-
CO4	3	3	3	-	-	-	-	2	3	-	-
CO5	3	3	3	-	-	-	-	2	3	-	-
Course Correlation Mapping	3	3	3	-	-	-	-	2	3	-	-

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: Introduction to Clinical Electrophysiology (10 Periods)

History of Clinical Neurophysiology; An introduction to electro diagnostic signals and their measurements; Electrical events at synapse; chemical transmission of synaptic activity; Physiology of Pain, Electrical and ionic events in receptors; Electrical activity of the brain.

Introduction to Excitable tissue – Nerve, Excitation and Conduction, Measurement of Electrical Events, Ionic basis of Excitation and Conduction, Physiological basis of Nerve Conduction Tests.

Introduction to Excitable tissue –Muscle: Cardiac Muscle: Electrical Properties **Skeletal Muscle:** Electrical Phenomena and Ionic Fluxes, Contractile Responses **Smooth Muscle:** Electrical Properties

Module 2: Introduction to Diagnostic Modalities in Clinical Electrophysiology (10 Periods)

Introduction to Diagnostic Modalities: Electro Cardio Gram (ECG) and physiological basis of ECG, Cath lab, TMT; Electromyography (EMG) and physiological basis of EMG, ENMG; Electroencephalogram (EEG) – Physiological basis of EEG; X-ray, CTScan, MRI Scan, Doppler, Ultrasound, fluoroscopy.

Module 3: Nerve Conduction Study to upper and lower limbs (25 Periods)

Principles of Nerve Conduction Study-Compound Motor Action Potential, Sensory Nerve Action Potential, F-Wave, H-Reflex, variables of NCV

Nerve Conduction Study to upper limb: Median nerve, Ulnar nerve, Radial nerve, Brachial plexus, Cervical Radiculopathy

Nerve Conduction Study to lower limb: Lumbar plexus, Sacral plexus, Lumbo sacral Radiculopathy, Anomalous innervations of the extremities, Nerve conduction of nonlimbic nerves, Late responses, Autonomic nervous system testing

Module 4: Clinical application of Electromyography and nerve conduction Study (15 Periods)

Electromyography (EMG): Introduction & Technique to EMG;

Clinical application of Electromyography and nerve conduction study: Electromyographic findings in neurological disorders, Nerve conduction and EMG studies in polyneuropathies;

Repetitive nerve stimulation (RNS); Single fiber and macro electromyography.

Module 5: Evoked Potential in Adult and Paediatrics (15 Periods)

Evoked Potential: Motor Evoked Potential: Sensory Evoked Potential: Visual Evoked Potential (SIGHT), Auditory Evoked Potential (SOUND), Somatosensory Evoked Potential (TOUCH), Cognitive Evoked Potential. **Electro diagnosis in Pediatric Practice:** Nerve Conduction and Electromyography, Sensory Evoked Potential in Pediatric Practice: Visual Evoked Potential in Pediatric Practice, Auditory Evoked Potential in Pediatric Practice, Somatosensory Evoked Potential in Pediatric Practice

Role of Clinical Neurophysiology in the Prognosis of Neuromuscular Disorders

Total Periods: 75 Hours

EXPERIMENTAL LEARNING

LIST OF EXPERIMENTS:

1. Demonstrate the Excitable tissue of Nerve and Muscle in clinical electrophysiology
2. Analyze and evaluate the nerve conduction studies in clinical physiology.
3. Assess the diagnostic modalities in clinical Electrophysiology.
4. Evaluate the Clinical application of Electromyography and nerve conduction velocity.
5. How to predict the pathways of nerve and brain in Adults and Paediatric Practice and role in Clinical Neurophysiology.

RESOURCES

BOOKS

1. UK Misra |J Kalita, Clinical Neurophysiology, ELSEVIER, 4th Edition, 2019
2. Jun Kimura, OUP USA, Electro diagnosis in disease of nerve and muscle-, 4th Edition, 2014
3. Wall&Malzak's, Saunders, Text book of Pain,6th Edition, 2013
4. Nelson and Pearson, Clinical Electrotherapy,3rd Edition, 1999

VIDEO LECTURES:

1. <https://youtu.be/auogbJFitmI>
2. <https://youtu.be/rqUINdIIB50>
3. <https://youtu.be/xIZQRjkwV9Q>
4. <https://youtu.be/p38nzOGJZtI>

WEB RESOURCES:

1. <https://www.sciencedirect.com/journal/clinical-neurophysiology>
<https://www.sciencedirect.com/journal/clinical-neurophysiology-practice>
2. <https://www.ifcn.info/clinical-neurophysiology.asp>
3. <https://www.elsevier.com/journals/clinical-neurophysiology/1388-2457?generatepdf=true>
4. <https://journals.physiology.org/journal/jn>
5. <https://www.frontiersin.org/articles/10.3389/fneur.2021.770791/full>
6. <https://www.mdpi.com/2077-0383/11/14/4184>
7. <https://www.sciencedirect.com/journal/clinical-neurophysiology>
<https://www.sciencedirect.com/journal/clinical-neurophysiology-practice>

PROGRAM CORE

Course Code	Course Title	L	T	P	S	C
22PT202003	CLINICAL BIOMECHANICS AND KINESIOLOGY	3	1	2	-	5
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course provides a detailed discussion about the knowledge of human joint Structure and the principles of biomechanics in clinical application.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Demonstrate the Biomechanical Application to Joint Structure and Function.
- CO2.** Analyze and Evaluate the Axial Skeletal, Upper and Lower Extremity Joint Complexes.
- CO3.** Trace out the Determinants of Gait and Ergonomic Approach to lifting and handling.
- CO4.** Work independently and in teams to solve problems with effective communications.

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	1	2	-	-	2	-	1	3	1	1
CO2	3	2	3	-	-	2	-	1	3	2	1
CO3	3	3	3	-	-	2	-	1	3	3	1
CO4	3	2	2	-	-	2	-	1	1	1	1
Course Correlation Level	3	3	3	-	-	2	-	2	3	3	1

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: FOUNDATIONAL CONCEPTS OF JOINT STRUCTURE AND FUNCTION (04 Periods)

Biomechanical Applications to Joint Structure and Function:-General Kinematics and Kinetics of Joint Structure and Function.

Joint Structure and Function: General Changes with Disease, Injury, Immobilization, Exercise, and Overuse.

Muscle Structure and Function:-Effects of Immobilization, Injury, and Aging, Kinematics and Kinetics of Posture and Gait.

Module 2: AXIAL SKELETAL JOINT COMPLEXES (06 Periods)

Temporomandibular Joint:-Structure and Function of the Temporomandibular Joint, Age-Related Changes in the Temporomandibular Joint and Dysfunctions.

Vertebral Column:- Introduction to General Structure and Function of the Vertebral Column, Regional Structure and Functions of the Cervical Region, the Thoracic Region, the Lumbar Region and the Sacral Region, Muscles of the Vertebral Column-The Craniometrical / Upper Thoracic Regions, Lower Thoracic / Lumbopelvic Regions, Muscles of the Pelvic Floor, Effects of Aging.

Thorax and Chest Wall:-Introduction to General Structure and Function of Rib Cage, Muscles Associated With the Rib Cage, Coordination and Integration of Ventilatory Motions, Developmental Aspects of Structure and Function- Differences Associated with the Neonate and the Elderly, Pathological Changes in Structure and Function of Chronic Obstructive Pulmonary Disease.

Module 3: UPPER EXTREMITY JOINT COMPLEXES (15Periods)

Shoulder complex:-Introduction: Components of the shoulder complex- Sternoclavicular joint, Acromioclavicular joint, Scapulothoracic joint, Glenohumeral joint, Integrated function of the shoulder Complex-Scapulothoracic and Glenohumeral contributions, Sternoclavicular and acromioclavicular contributions, Structural Dysfunction, Muscles Of Elevation, Muscles of depression.

Elbow Complex:-Structure and Functions of Humeroulnar and Humeroradial joint; Structure of Superior and Inferior Radioulnar Joints; Mobility and Stability of Elbow Complex- Functional Activities, Relationship to the Hand and Wrist; Effects of Age and Injury.

Wrist and Hand Complex:- Structure and Functions of Radiocarpal and Midcarpal Joint of the Wrist Complex. The Hand Complex: Carpometacarpal, Metacarpophalangeal and Interphalangeal Joints of the Fingers, Extrinsic Finger Flexors and Extensors, Extensor Mechanism, Intrinsic Finger Musculature, Structure of the Thumb, Thumb Musculature;

Prehension: Power Grip, Precision Handling; Functional Position of the Wrist and Hand.

Module 4: LOWER EXTREMITY JOINT COMPLEXES (12 Periods)

Hip Complex- Structure and Function of the Hip Joint, Hip Joint Forces, and Muscle Function in Stance-Bilateral Stance, Unilateral Stance, Reduction of Muscle Forces in Unilateral Stance, Hip Joint Pathology: Arthrosis, Fracture, Bony Abnormalities of the Femur.

Knee Complex: Tibiofemoral Joint: Structure and Function of the Tibiofemoral Joint- Joint Kinematics, Muscles, Stabilizers of the Knee; Patellofemoral Joint: Patellofemoral Articular Surfaces and Joint Congruence, Motions of the Patella, Patellofemoral Joint Stress, Frontal Plane Patellofemoral Joint Stability, Weight-Bearing vs. Non-Weight-Bearing Exercises with Patellofemoral Pain; Effects of Injury and Disease of Tibiofemoral and Patellofemoral Joint.

Ankle and Foot Complex: Introduction, Definitions of Motions, Ankle Joint-Ankle Joint Structure and Function; Subtalar Joint Structure and Function; Transverse Tarsal Joint Structure and Function; Tarsometatarsal Joint Structure and Function; Metatarsophalangeal Joint Structure and Function; Interphalangeal Joints- Plantar Arches- Structure and Function of the Arches, Muscular Contribution to the Arches, Muscles of the Ankle and Foot- Extrinsic Musculature, Intrinsic Musculature, Deviations from Normal Structure and Function.

Module 5: INTEGRATED FUNCTIONS OF POSTURE AND GAIT

(08 Periods)

Posture: Introduction to Static and Dynamic Postures, Postural Control, Major Goals and Basic Elements of Control; Optimal Posture: Analysis of Standing Posture, Sitting Postures and Lying Postures; Effects of Age, Pregnancy, Occupation, and Recreation on Posture; Clinical kinesiology of posture.

Gait: Introduction to General Features of Gait; Phases of the Gait Cycle, Determinants of Gait; Kinematics and Kinetics of the Trunk and Upper Extremities in Gait. Stair and Running Gaits; Effects of Age, Gender, Assistive Devices, and Orthoses; Abnormal Gait- Structural Impairment, Functional Impairment;

Ergonomic Approach to lifting and handling, work space and Environment.

Total Periods: 45

EXPERIENTIAL LEARNING

List of Experiments

1. How to design for ease and Efficiency in Ergonomics.
2. Demonstrate the Biomechanical Application to Joint Structure and Function.
3. Analyze and evaluate the Axial Skeletal, Upper and Lower Extremity Joint Complexes.
4. Assess the Integrated Function of Posture and Gait.
5. Evaluate the activities of daily living ADL – like sitting to standing, throwing, lifting.
6. Trace out the Determinants of Gait and Ergonomic Approach to lifting and handling.

RESOURCES:

BOOKS:

1. Pamela K. Levangie & Cynthia C, Joint Structure & Function, Jaypee Brothers Medical Publishers –Sixth edition, 2019
2. Jim Richards, Clinical Biomechanics- Elsevier, 2nd edition, 2022.
3. Peggy A. Houglum, Dolores B. Bertoti, Brunnstrom's Clinical Kinesiology, F.A.DAVIS COLLECTION 6th ed./revised 2012.
4. Pavan Kumar G & Ilona Gracie De Souza, Textbook of Biomechanics & Kinesiology- Jaypee Brothers, 1st Edition, 2022.
5. Katrin Kroemer Elbert, Henrike B. Kroemer, Anne D. Kroemer Hoffman, Textbook of Ergonomics. ISBN, Third Edition, 2018.
6. Gavriel Salvendy Waldemar Karwowski, Handbook of Human Factors and Ergonomics, ISBN First Edition, 2021

VIDEO LECTURES:

1. <https://youtu.be/auogbJFitmI>
2. https://youtu.be/8IZ_w6hhpQ
3. <https://youtu.be/p2e5VBcGbcQ>
4. <https://youtu.be/UPg-3i4EnXc>
5. <https://youtu.be/TqJW2P7eehQ>

WEB RESOURCES:

1. <https://www.sciencedirect.com/journal/clinical-biomechanics>
2. <https://fadavispt.mhmedical.com/content.aspx?bookid=2148§ionid=162869570>
3. http://www.lavoisier.eu/books/medicine/clinical-kinesiology-andbiomechanics/description_4849221
4. <https://journals.indexcopernicus.com/issues/21690/72183>
5. <https://www.letpub.com/index.php?journalid=1797&page=journalapp&view=detail>
6. <https://journals.physiology.org/journal/jn>
7. <https://www.frontiersin.org/articles/10.3389/fneur.2021.770791/full>
8. <https://www.mdpi.com/2077-0383/11/14/4184>

PROGRAM CORE

Course Code	Course Title	L	T	P	S	C
22PT202004	ADVANCED PHYSIOTHERAPEUTIC-I	3	-	2	-	4
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course provides a detailed discussion about the knowledge of electrotherapy modalities, their configurations, Methods of application, Clinical decision making with the evidence based practice, and updating the recent advances in the field of Electrotherapy.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Apply superficial heat and cold modalities and its recent advances in Physiotherapy treatment.
- CO2.** Understand the low-frequency and medium-frequency currents, their physiological and therapeutic effects, and theories of pain.
- CO3.** Understand the High-frequency currents, their physiological and therapeutic effects, and recent advances in High-frequency currents.
- CO4.** Apply High-frequency currents with proper decision-making based on the evidence.

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	-	-	-	-	2	-	1	3	-	-
CO2	3	2	1	-	-	2	-	1	3	-	-
CO3	3	1	-	-	-	2	-	1	3	-	-
CO4	3	3	2	-	-	2	-	1	3	-	-
Course Correlation Level	3	2	2	-	-	2	-	1	3	-	-

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module1: MOIST HEAT THERAPY SUPERFICIAL HEATING AND COLD MODALITIES.

(10 Periods)

Cryotherapy application effects and techniques, aquatic therapy whirlpool therapy, and clinical assessment and case study. Hydrotherapy – physical properties of water effects of hydrotherapy, uses, adverse effects, application techniques, and benefits clinical case study. Moist heat therapy– effects of heat, uses of heat, advanced application techniques, clinical case study. Fluidotherapy– Fluid therapy is a high intensity, heat modality, and effects of the fluid therapy, paraffin bath therapy, positive effects on muscle strength, and functional status, contrast bath and Hot packs

Module2: MODALITIES OF LOW FREQUENCY CURRENT AND MEDIUM FREQUENCY CURRENT EVIDENCE BASED PRACTICE PAIN

(12 Periods)

Inferential therapy- medium frequency and low frequency current, and recent advance treatment. Faraday current, Galvanic current Russian currents, Di dynamic currents , sinusoidal currents, Rheo- based type Current , Transcutaneous Electrical Nerve Stimulation (TENS), Electrical stimulation, Functional electrical simulations, neuromuscular electrical simulation, high voltage pulsed galvanic stimulation, micro-current therapy, Pain – Mechanism of Pain, types of pain , theories of pain, pain gate control theory, Behavior of pain, modulation of pain and Clinical case study and electro diagnostic test SD curve ,FG test,H-wave test.

Module3: MODALITIES OF HIGH FREQUENCY CURRENT

(13 Periods)

SWD: short wave Frequency and wavelength of SWD (pulsed and continuous). Micro Wave Diathermy, Wave length and frequency and advanced application methods MWD pulsed and continuous. Iontophoresis advance clinical application methods. IRR techniques and Methods of application, infra-red radiation wavelength & parameters. UVR ultraviolet radiation generators: Kromayer lamp, Fluorescent tube, continuous passive motion CPM. shockwave therapy, combination therapy, magneto therapy, Muscle strengthening and prevention of atrophy, muscle spasm, pelvic floor dysfunction.

Module4: MODALITIES OF HIGH FREQUENCY CURRENT AND MECHANICAL MODALITIES

(10 Periods)

Ultrasound: introduction, effects, clinical applications, adverse effects, application techniques clinical case studies, Treatment Dosage parameters: Continuous & Pulsed mode, Intensity, US Field. Extracorporeal short wave therapy, LASER: Define LASER, Introduction to electromagnetic radiation, and laser effects Types of LASERS. Principles of Production, Methods of application technique, clinical case study. Traction– effects of spinal traction, adverse effects, application techniques, clinical case study. Compression – effects of external compression adverse effects, application techniques clinical case study and electronic traction, Safety considerations in electrotherapy, central nervous system lesions, peripheral nervous system lesions, and obesity.

TOTAL : 45 Periods

EXPERIENTIAL LEARNING

List of Experiments

1. Demonstrate the techniques for patient evaluation, receiving the patient, position of the patient pain, and treatment for electrotherapy.
2. Study a case technique of treatment and clinical application of superficial heat and cold therapy modalities
3. Understand the methods of low frequency and medium frequency current modalities electrical stimulation and functional stimulation evidence based pain electro diagnostic test

4. Evaluate the clinical application of various high frequency current, evidence based clinical application.
5. Trace out the various modalities in high-frequency current and mechanical agents
6. Assessment of clinical conditions and the techniques used for the treatment and diagnostic modalities in electro therapy

RESOURCES

BOOKS

1. Low and Reed, Electrotherapy Explained, Elsevier India 4th edition, 2008
2. Forster and Palastanga Clayton's Electrotherapy, , Bailliere Tindall 8th edition, 2005
3. Mitra ,Handbook of Practical Electrotherapy, JAYPEE BROTHERS, 1st edition, 2006
4. JAGMOHAN SINGH, Textbook of Electrotherapy, Jaypee Brothers Medical Publishers, 3rd edition, 2017
5. Virendra Kr. Khokhar, Electrotherapy For Physiotherapists , Top Publishing 4th edition, 2015
6. S. KITCHEN, Electrotherapy – Evidenced based Practice, Scribd, 11th edition, 200
7. Cameron: Physical agents in Rehabilitation: An Evidence Based approach, Elsevier Health science- 2022.

VIDEO LECTURES:

1. <https://youtu.be/a54Sks3apT4?si=kLXEuniozqIJxM-6>
2. <https://youtu.be/fhNV7uu1lec?si=0TP8dwE71gnhztIH>
3. <https://youtu.be/9VFt2VtpbQc?si=FivHIOgGhwkI7P0->
4. https://www.youtube.com/watch?v=w_uSsFeA_lc
5. https://www.youtube.com/watch?v=EjJ5nX_jM-w

WEB RESOURCES:

1. Jacopo martellucci electrical stimulations for pelvic floor disorders, jan 1st 2014
https://link.springer.com/chapter/10.1007/978-3-319-06947-0_4
2. Chueh-Hung Wu, in Braddom's Rehabilitation Care: A Clinical Handbook, 2018
<https://www.sciencedirect.com/topics/medicine-and-dentistry/electrotherapy>
3. Interferential Therapy INTERFERENTIAL THERAPY (IFT) INTRODUCTION The basic principle of Interferential Therapy (IFT) is to utilize the significant physiological effects of low frequency (<250pps) electrical stimulation of nerves without the associated

painful and somewhat unpleasant side effects

4. Therapeutic Ultrasound – Physiopedia
5. Lambert I, Tebbs SE, Hill D, Moss HA, Davies AJ, Elliott TSJ (2000). Interferential therapy machines as possible vehicles for cross-infection. J Hosp Infect. 44(1), 59-64
6. Val Robertson, Alex Ward, John Low John Low Ann Reed, Electrotherapy Explained: Principles and Practice. 4th Edition. Butterworth-Heinemann,2006
7. Tim Watson, Electrotherapy: evidence-based practice. Physiotherapy essentials. 12th edition, Churchill Livingstone,2008
8. Saunders HD. Lumbar traction*. J Ortho Sports Phys Ther. 1979; 1(1): 36-45. (LEVEL 1A)
9. Pellecchia GL. Lumbar traction: a review of the literature. Journal of Orthopedic& Sports Physical Therapy. 1994 Nov;20(5):262-7. (LEVEL 1A)
10. He M.L., Xiao Z.M., Lei M., Li TS., Wu H., Liao J. Continuous passive motion for preventing venous thromboembolism after total knee arthroplasty. Cochrane Database Syst Rev. 2014 Jul 29;(7):CD008207.
11. Gil-González S., Barja-Rodríguez R., López-Pujol A., Berjaoui H., Fernández-Bengoa J., Erquicia J., Leal-Blanquet J., Pelfort X. Continuous passive motion not affect the knee motion and the surgical wound aspect after total knee arthroplasty. J Orthop Surg Res. 2022 Jan 15;17(1):25.
12. Painhealth Pain Types <https://painhealth.csse.uwa.edu.au/pain-module/pain-types/> (last accessed 20.5.2020)

PROGRAM CORE

Course Code	Course Title	L	T	P	S	C
22PT202005	ADVANCED PHYSIOTHERAPEUTIC-II	2	-	2	-	3
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course gives an overview of numerous therapeutic exercises and approaches, as well as a brief outline of different manual therapy techniques to use in treating various medical problems based on evidence.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Demonstrate the different therapeutic exercises.
- CO2.** Schedule the exercises for Musculoskeletal Disorders.
- CO3.** Plan the exercises for Cardio-Pulmonary Disorders.
- CO4.** Understand the exercises in special medical conditions.
- CO5.** Demonstrate various manual therapy techniques.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	3	1	-	1	-	1	3	-	3
CO2	3	2	3	-	-	1	-	2	3	-	3
CO3	3	2	3	-	-	1	-	2	-	-	3
CO4	3	2	3	-	-	1	-	2	-	-	3
CO5	3	1	3	1	-	1	-	2	3	-	3
Course Correlation Mapping	3	2	3	1	-	1	-	2	2	-	3

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: General Concepts Of Therapeutic Exercises

(05 Periods)

Movements, Strength Training, Principles of Aerobic Exercises, Stretching, Hydrotherapy,

Mobilizations and Proprioceptive Neuro Muscular Facilitation.

Module 2: Application Of Therapeutic Exercise in Musculoskeletal Disorders (05 Periods)

Soft Tissue Injuries, Fractures, Post Surgical Conditions, and an outline of the conditions of the Shoulder Joint, Elbow Joint, Wrist Joint, Hip Joint, Knee Joint, Ankle Joint, and Spinal joint.

Module 3: Application Of Therapeutic Exercises in Cardio-Pulmonary Disorders (05 Periods)

Vascular Disorders of Extremities – Arterial Disorders, Venous Disorders, Lymphatic Disorders and Exercises for the Management of Lymphoedema, Effects of exercise on cardiac function. Breathing Exercises and Ventilatory Training, Chest Mobilization Exercises, Coughing, Postural Drainage, and Management of Chronic Obstructive Pulmonary Disease and Restrictive Lung Disease, Cardiopulmonary medications and their effect on activity performance.

Module 4: Special Areas Of Therapeutic Exercises (05 Periods)

Principles of Exercise For Obstetric Patients, Plastic Surgery, Psychiatric Conditions, Spasticity and Flaccidity, Peripheral Neural Mobilization, Theories of Motor Control and Motor Learning. Exercises to improve Bladder control, Kegels Exercise, Brandt-Daroff Exercises. Concepts of Bobath approach, Brunnstroms approach.

Module 5: Manual Therapy Techniques (10 Periods)

Concepts of Mc Kenzie technique, Mulligan technique, Muscle energy technique, Taping Technique, Positional release technique, Cyriax Friction Massage, and Feldenkrais method.

Total Periods: 30

EXPERIENTIAL LEARNING

List of Experiments:

1. Peripheral Joints, Chest wall, and Spinal Joint Mobilization.
2. Stretching Exercises.
3. Breathing Exercises.
4. Manual Therapy Techniques.
5. Progressive Resistance Exercises.
6. Passive Movements
7. Postural Drainage

RESOURCES

BOOKS:

1. Carolyn Kisner: Therapeutic Exercise Foundations and Techniques, F A Davis Co, 3rd Edition, 2022.
2. Carrie M Hall: Therapeutic Exercise: Moving Towards Function; Lippincott Williams and Wilkins; 4th International Edition, 2017.
3. Robin Mc Kenzie: The Lumbar spine Mechanical Diagnosis And Therapy; Spinal Publications Newzealand, Ltd, 2nd Edition, 2003.
4. Leon Chaitow: Muscle Energy Techniques; Elsevier; 4th Edition, 2019.
5. Wayne Hing: The Mulligan concept of manual therapy. Churchill Livingstone; 1st Edition, 2014.
6. Rose Mac Donald: Taping Techniques- Principles and Practice; Butterworth-Heinemann, 2nd Edition, 2004.
7. Chris Kresge: The Feldenkrais Method- Learning Through Movement; Handspring Publishing Ltd; 1st Edition, 2021.
8. John Sharkey: The concise book of Dry Needling: A Practitioners Guide to Myofascial Trigger Point; North Atlantic Books; 1st Edition, 2017.
9. Susan B O Sullivan: Physical Rehabilitation; F A Davis; 7th Edition, 2019.
10. Michel Probst: Physiotherapy in Mental Health and Psychiatry: A scientific and Clinical based Approach; Elsevier; 1st Edition, 2017.

VIDEO LECTURES:

1. <https://youtu.be/noThZxaeJwY>
2. <https://youtu.be/pI4T1OBWspI>
3. <https://youtu.be/YvuFdJsrPqQ>
4. <https://youtu.be/QHwBN91gmYk>
5. <https://youtu.be/qn2VT7Df7no>
6. <https://youtu.be/QOTR-J2LJ3k>

WEB RESOURCES:

1. <https://www.pdfdrive.com/>
2. <https://www.physio-pedia.com/>
3. <https://nzihf.ac.nz/personal-training/exercise-principles/>
4. https://www.physio-pedia.com/Maitland%27s_Mobilisations
5. <https://en.wikipedia.org/>

PROGRAM CORE

Course Code	Course Title	L	T	P	S	C
22PT202006	PHYSIOTHERAPY DIAGNOSIS AND CLINICAL DECISION MAKING	3	-	2	-	4
Pre-Requisite	- 22PT202002 - Clinical Electrophysiology					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course provides a detailed discussion on the assessment, evaluation and decision of therapeutic approach towards the Clinical conditions.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Understand the basic findings, of radiology and imaging.
- CO2.** Analyse fitness components and on-field Training Physical assessment.
- CO3.** Knowledge of Neurological, Cardiopulmonary, and Musculoskeletal Assessment tools and Decision-making on improving the quality of life
- CO4.** Work independently and in teams to solve problems with effective communication.

CO-PO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	3	-	-	2	-	1	-	3	-
CO2	3	3	3	-	-	2	-	1	-	3	-
CO3	3	3	3	-	-	2	-	1	-	3	-
CO4	3	3	3	-	-	2	-	1	-	3	-
Course Correlation Level	3	3	3	-	-	2	-	1	-	3	-

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: GENERAL CLINICAL EXAMINATION

(08 Periods)

Study of common diagnostic and therapeutic imaging tests, X-rays, MRI ultrasounds and other images helpful to the physiotherapy profession. Clinical examination in general and detection of movement dysfunction. Principles of pathological investigations and imaging techniques related to neuromuscular, skeletal and cardiopulmonary disorders with interpretation. motor learning –motor control assessment, Assessment of pain and symptoms, sources of pain, types of pain.

Module 2: GENERAL PHYSICAL FITNESS ASSESSMENT

(07 Periods)

Anthropometric measurements. Assessment by physical fitness, BMI calculation, Physical fitness assessment by Range of motion, Muscle strength, Muscle power, endurance and skills, balance, agility, flexibility. Body composition, Fitness test for sports, cardiorespiratory fitness.

Module 3: NEUROLOGICAL CLINICAL ASSESSMENT AND SPECIAL TESTS (10 Periods)

Evaluation Methods, Neurological approaches, Neuromuscular taping evaluation, higher mental functions, reflexes, Neurological disorders. EMG and Biofeedback. Biophysical measurements, physiotherapy modalities, techniques and approaches. Motor control investigations and imaging techniques. Evaluation of aging. Geriatric cases and assessment- handling old patients, and their problems, physiology of aging, degenerative changes, Alzheimer, dementia, role of physiotherapy in hospital-based care. Neurological special tests and techniques, Glasgow coma scale, Modified Ashworth scale, Mini Mental status examination, APGAR score, Timed up and go test, Berg Balance scale, Nine Hole peg test, Modified Barthel index, ASIA scale, Trunk impairment Scale.

Module 4: CARDIO-PULMONARY CLINICAL ASSESSMENT AND SPECIAL TESTS (10 Periods)

Evaluation Methods, cardio-pulmonary clinical assessment, CPR. Exercise ECG testing, oxygen therapy, respiratory physiotherapy techniques, improve lung volumes, breathing techniques to clear secretions, cardiovascular changes during exercises, pulmonary circulation, ventilation-Perfusion ratio and monitoring, spirometer, Pulmonary function tests and lung volumes and capacities. Special tests and scales: Breathlessness scale a. Borg and modified Borg scale. b. Modified medical research council dyspnea scale, Edema grading, Clubbing grading, Pulse grading, Sputum grading, Chest pain scales, Glasgow coma scale, Activities of daily living- Barthel index, Pulmonary –specific outcome scale, Pulmonary functional status scale (PFSS)

Module 5: MUSCULOSKELETAL CLINICAL ASSESSMENT AND SPECIAL TESTS (10 Periods)

Evaluation Methods, Aids and appliances, external aids and adaptive self-help devices, adaptive functional devices to improve movement dysfunction, Physical disability evaluation and disability diagnosis. Evaluate the gait measuring, the limb length and body circumferences, analysis and diagnosis. Clinical decision making in electrotherapeutics. Special tests and Scales: Neck disability index scales, Temporo - mandibular disability index, Shoulder pain and disability index – SPADI, Oswestry disability index – ODI, WOMAC scale, Liver pool elbow score, Roland and Morris disability questionnaire, Lower extremity functional scale, Foot and ankle ability measure, DASH – Disabilities of arm shoulder, hand questionnaire

TOTAL: 45 Periods

EXPERIENTIAL LEARNING**LIST OF EXPERIMENTS:**

- 1 Case-based discussion in physiotherapy diagnosis, CT, MRI, X-ray, and other medical images.
- 2 Health protection, assessment of health, and skill-related physical fitness.
- 3 Able to conduct patient assessment and scale as per neurological case examples and case studies and physiotherapy modalities, geriatrics handling old age patients in physiotherapy in hospitals.
- 4 Cardioclinical assessment case evaluation, ECG testing, spirometry, respiratory techniques, changes during exercises, and breathing techniques.
- 5 Myofascial techniques, musculoskeletal aids, and appliances, functional devices, the gait measuring the limb length.

RESOURCES

BOOKS:

1. Gopal nambi s, A practical Guide on physiotherapy assessment for physiotherapy students” JP medical publishers, 1st edition (2017).
2. Dr A.K. Uppal , Scientific Principles of sports training, friends publications, (2017)
3. Thomas H. Berquist , Imaging of sports injuries. , Aspen publishers, 1st edition, 1992
4. SusanEdwards,Neurological physiotherapy-a problem solving approach, churchcilllivingstone, 2nd edition (2001)
5. MichaelJ.G.Harrison, Clinical skills in neurology, butterworthheinemann publisher, 2nd edition (1996)
6. JenniferA.Pryor, physiotherapy for respiratory and cardio problems- adults and paediatrics, Elsevier health publisher, 4nd edition, 2013
7. Donnafrownfelter Cardiovascular andPulmonary physical therapy- evidence to practice, Mosby publishers, 5th edition, 2012.

VIDEO LECTURES:

1. <https://www.youtube.com/watch?v=1afP6eGfIR8>
2. https://www.youtube.com/watch?v=E44W54z_Ykw
3. <https://www.youtube.com/watch?v=gaiCtdo6CLE>
4. https://www.youtube.com/watch?v=fcN37TxBE_s
5. <https://youtu.be/VcCAHbiEcZo?si=bUmruUh35i8cPiqt>
6. https://www.youtube.com/live/WIUsBtj-q_s?si=A3dCSn6MWE-OX9

WEB RESOURCES:

1. Narayan, K Kar, S Gupta, N. From 'Paramedics' to 'Allied Health Professionals': Landscaping the Journey and Way Forward. Public Health Foundation of India: New Delhi, India, 2012.
2. Standards of practice for ACT Allied Health Professionals 2005. Available from: <http://health.act.gov.au/c/health?a=dIpubpoldoc&document=863>.
3. PhysioPedia

PROGRAM CORE

Course Code	Course Title	L	T	P	S	C
22PT201003	Sports for fitness, Prosthetics, and Orthotics	4	-	-	-	4
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course gives an overview of different exercises, Principles of training and Physiological changes in training the individuals for fitness. Essentials of Orthoses and Prosthesis in rehabilitation.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Apply the concepts of exercise physiology, Nutrition, and training for fitness.
- CO2.** Understand the adaptations to training and design relevant training plans.
- CO3.** Knowledge on optimization of the performance and effects of ergogenic aids on performance.
- CO4.** Analyse and apply the recent advances in orthosis and prosthesis management.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	3	1	-	1	-	1	1	-	3
CO2	3	2	3	1	-	1	-	2	1	-	3
CO3	3	2	3	1	-	1	-	2	1	-	3
CO4	3	2	3	1	-	1	-	2	1	-	3
Course Correlation Mapping	3	2	3	1	-	1	-	2	1	-	3

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: Fitness and Nutrition

(15 Periods)

Methods of Program evaluation- Field testing, Principles of Training- Specificity, overload, progression, individuality, adaptation, and reversibility. Importance of Nutrition macro and micronutrients in the training.

Module 2: Adaptations to training

(15 Periods)

Resistance training and gains in muscle fitness, Adaptations to aerobic and anaerobic training, resistance training programs, anaerobic and aerobic power training program, muscle soreness and cramps, resistance training for special population.

Module 3: Optimizing performance**(15 Periods)**

Optimizing training, overtraining, tapering for peak performance, detraining. Ergogenic aids and sport- pharmacological, hormonal, physiological, and nutritional agents

Module 4: Orthosis and Prosthesis**(15 Periods)**

Introduction to prosthetics and orthotics- types, indications, and contraindications. Evaluation for deformities, Rationale for prescription of Prosthetics and orthotics, recent advances.

Total Periods: 60**EXPERIENTIAL LEARNING**

1. Carbohydrate loading and performance.
2. Importance of Stretching Exercises in sports.
3. Reaction time in sports performance.
4. Recent literature on Micronutrients and performance.
5. Progressive Resistance Exercises.

RESOURCES

BOOKS:

1. Daniel D Arnheim: Arnheims principles of athletic training, McGraw-Hill higher education, 3rd Edition, 2002.
2. Tudor O. Bompá: Periodization theory and methodology of training; Human kinetics; 6th Edition, 2018.
3. Wilmore: Physiology of sport & Exercise. Human Kinetics publishers; 8th Edition, 2021..

VIDEO LECTURES:

1. https://youtu.be/srevC5ICT_s
2. <https://youtu.be/317W2zrQh-M>
3. <https://youtu.be/2CxEhg50oCI>
4. <https://youtu.be/fIGX9yyPRiE>
5. <https://youtu.be/x8H3SRq1L8w>
6. <https://youtu.be/Ywny2RH1NdQ>

WEB RESOURCES:

1. <https://www.pdfdrive.com/>
2. <https://www.physio-pedia.com/>
3. <https://nzihf.ac.nz/personal-training/exercise-principles/>
4. [https://www.physio-pedia.com/Maitland%27s Mobilisations](https://www.physio-pedia.com/Maitland%27s_Mobilisations)
5. <https://en.wikipedia.org/>

PROGRAM ELECTIVE

Course Code	Course Title	L	T	P	S	C
22PT202007	BASIC SCIENCE-ORTHOPAEDIC	4	-	2	-	5
Pre-Requisite	-22PT202002-Clinical Biomechanics and Kinesiology					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION An outline of the structure, function, and analysis of the musculoskeletal system's structure with respect to each functional region, how structural changes impact movement in each region, and the pressures applied to each region during movement are all covered in this course.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Knowledge on the structure and Function of Musculoskeletal system.
- CO2.** Understand the Kinematics, Kinetics and Patho mechanics of Upper Extremity, Lower Extremity and Spine.
- CO3.** Analyse the gait, posture and Patho mechanics of abnormal postures and gait.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	1	1	1	-	-	-	2	-	2	-
CO2	3	2	1	-	-	-	-	2	-	3	-
CO3	3	3	1	-	-	-	-	2	-	3	-
Course Correlation Mapping	3	2	3	1	-	-	-	2	-	3	-

Correlation Levels: **3: High;** **2: Medium;** **1: Low**

COURSE CONTENT

Module 1: GENERAL MUSCULOSKELETAL ANATOMY AND PHYSIOLOGY (13 Periods)

Osteology – Structure of Bone, Ossification of bones, Skull bones, Facial bones, Bones of Upper limb, Lower limb, Pelvis, Vertebral column, and Ribs.

Myology – Structure of muscle, Types of muscles, Muscle Fibers, Origin, Insertion, Action, and Nerve supply of Muscles of Face, Upper limb, Lower limb, and Trunk.

Arthrology – Types of Joints, Structure, and formation of Human Joints, and Neurobiology of Joint. Peripheral nerves, Dermatomes and Myotomes and Major nerve Plexus.

Embryological development of Musculoskeletal system.

Module 2: UPPER EXTREMITY *(12 Periods)*

Shoulder Complex – Mechanics and Patho mechanics of Muscles of Shoulder complex and Analysis of forces on the shoulder complex during activity

Elbow joint – Mechanics and Patho mechanics of Muscles of Elbow and Analysis of forces on Elbow during activity.

Wrist and Hand – Mechanics and Patho mechanics of Muscles of forearm, Special connective tissues in the hand, intrinsic muscles of hand, pinch and grasp and Analysis of forces on wrist during activity.

Module 3: LOWER EXTREMITY**(15 Periods)**

Hip joint – Mechanics and Patho mechanics of muscle activity at the Hip and analysis of forces on hip during activity.

Knee Joint – Mechanics and Patho mechanics of Muscle activity at the Knee and analysis of forces on knee during activity.

Ankle and Foot – Mechanics and Patho mechanics of Muscle activity at the Ankle and Foot and analysis of forces on ankle and foot.

Module 4: SPINE**(10 Periods)**

Cervical Spine - Mechanics and Patho mechanics of cervical musculature and analysis of forces on cervical spine during activity.

Thoracic Spine - Mechanics and Patho mechanics of thoracic musculature and loads sustained by thoracic spine.

Lumbar Spine - Mechanics and Patho mechanics of lumbar musculature and analysis of forces on cervical spine during activity.

Pelvis – Mechanics and Patho mechanics of muscle activity in the pelvis and analysis of forces on pelvis during muscle activity.

Module 5: POSTURE & GAIT**(10 Periods)**

Normal Posture, Analysis of Posture, Postural malalignment, and Muscle imbalance. Kinematics and Kinetics of Locomotion, Gait Analysis, and factors influence the Parameters of Gait, Patho mechanics of abnormal postures and pathological gaits.

Total Periods: 60**EXPERIENTIAL LEARNING**

1. Anatomy and Physiology of Movements.
2. Upper limb and Lower limb Muscles Origin, Insertion, Action, and Nerve supply.
3. Muscles of Trunk – Origin, Insertion, Action, and Nerve Supply.
4. Peripheral Nervous System.
5. Analysis of Posture and Gait.
6. Patho mechanics of Upper extremity, Lower Extremity and Spinal Joints.

RESOURCES

BOOKS:

1. Carol A Oatis: Kinesiology - The Mechanics and Patho mechanics of Human Movement, Lippincott Williams and Wilkins, 3rd Edition, 2016.
2. Christ Cael: Functional Anatomy-Musculoskeletal Anatomy, Kinesiology and Palpations for Manual therapists; Jones and Bartlett Publishers, Inc; Revised and updated version, 2011.
3. Margareta Nordin and Victor H. Frankel: Basic Biomechanics of the Musculoskeletal system; Wolters Kluwer, 5th Edition, 2021.
4. Lippert: Clinical Kinesiology and Anatomy; F.A. Davis Company; 7th Edition, 2022.
5. Donald A. Neumann: Kinesiology of the Musculoskeletal system; Mosby; 3rd Edition, 2016.

VIDEO LECTURES:

1. <https://youtu.be/daWOGS7fbzA>
2. <https://youtu.be/4OaOwfPre2M>
3. <https://youtube.com/playlist?list=PL-S5xYt7a4QzyFOLBEIrPwC8-KzLIw6jw&si=sbyfdBynh81i0WTJ>
4. <https://youtu.be/k1lsl9bzFEg>
5. <https://youtu.be/TdFcjcDDwUY>
6. <https://youtu.be/kqvuQuld6vs?si=ryJyJMJaxidRhIPW>
7. <https://youtu.be/oV6jxXL8Exs>

WEB RESOURCES:

1. <https://www.pdfdrive.com/>
2. <https://www.physio-pedia.com/>
3. [https://www.saebo.com\(https://www.saebo.com/blog/an-orthopedic-approach-to-the-hemiparetic-upper-limb-understanding-the-biomechanics-and-pathoanatomy-of-the-shoulder/\)](https://www.saebo.com(https://www.saebo.com/blog/an-orthopedic-approach-to-the-hemiparetic-upper-limb-understanding-the-biomechanics-and-pathoanatomy-of-the-shoulder/))
4. [https://www.now.aapmr.org\(https://now.aapmr.org/biomechanic-of-gait-and-treatment-of-abnormal-gait-patterns/\)](https://www.now.aapmr.org(https://now.aapmr.org/biomechanic-of-gait-and-treatment-of-abnormal-gait-patterns/))
5. <https://en.wikipedia.org/>

PROGRAM ELECTIVE

Course Code	Course Title	L	T	P	S	C
22PT201004	CLINICAL ORTHOPAEDICS	5	-	-	-	5
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course deals with the Clinical disorders, of muscles, Peripheral nerves, tendons, Ligaments, Bones, joints, cartilage, and other Connective tissues in upper and lower limbs, neck, Pelvis and Trunk along with the Medical and Surgical Management.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Understand numerous Traumatic injuries and the Latest Musculoskeletal Procedures in the management of Trauma.
- CO2.** Knowledge of general Musculoskeletal disorders and advances in the Medical and Surgical Management
- CO3.** Analyze regional Musculoskeletal disorders and advances in the Medical and Surgical Management.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	2	1	-	1	-	1	3	1	1
CO2	3	2	2	1	-	1	-	1	3	1	1
CO3	3	2	2	1	-	1	-	1	3	1	1
Course Correlation Mapping	3	2	2	1	-	1	-	1	3	1	1

Correlation Levels: **3: High;** **2: Medium;** **1: Low**

COURSE CONTENT

Module 1: ORTHOPAEDIC TRAUMA AND SURGERY (15 Periods)

Fractures and Dislocations – Upper limb, Lower limb, Spine, Skull bones and Ribs. Amputation, Sprains and Strains, Deformities of Upper limb, Lower limb, and Spine Orthopaedic Operations.

Module 2: GENERAL ORTHOPAEDICS - I (15 Periods)

Disease of joints- Infective, Rheumatoid, Degenerative, Neuropathic, Metabolic, Arthritis in systemic disorders, Miscellaneous, Periarthritis, juvenile rheumatoid arthritis.

Plexus and peripheral nerve injuries Arthropathies: Spondylitis, spondylolisthesis, spondylosis, ankylosing Spondylitis. Metabolic diseases of bones, Osteopenia, Rickets, Osteomalacia, Osteoporosis.

Module 3: GENERAL ORTHOPAEDICS - II *(15 Periods)*

Tumors of bones and joints, Congenital disorders, Developmental disorders bones, Bony Abnormalities secondary to endocrine disorders, Avascular necrosis of bone and epiphyseal osteochondritis, Disorders of bone & joint secondary to neurological conditions- Cerebral palsy, anterior poliomyelitis, Leprosy. Spinal cord injuries. Disorders of bone & joint secondary to Muscular Dystrophies, Arthrogryposis Multiplex Congenita, Fibro dysplasia progressive.

Module 4: REGIONAL ORTHOPAEDICS – NECK AND UPPER LIMB (15 Periods)

Brachial neuralgia, Cervical rib, Thoracic outlet syndrome, Torticollis, Supraspinatus Syndromes, Rupture of rotator cuff, Deltoid fibrosis, Tennis elbow, Ganglion, Dequervain's disease, Trigger finger, Trigger thumb, Carpal tunnel syndrome. Dupuytren's contracture.

Module 5: REGIONAL ORTHOPAEDICS – SPINE AND LOWER LIMB (15 Periods)

Back ache, Lumbo sacral strain, Fibrositis Back, Sacralisation of 5th lumbar vertebra, IVDP, Lumbar canal stenosis, Epiphyseolysis, Idiopathic chondrolysis of hip, Quadriceps Fibrosis, Bursitis around the knee, Loose bodies in the knee, Chondromalacia patella, plantar fascitis, Calcaneal spur, Osgood Schlatter disease, Tarsal tunnel syndrome.

Miscellaneous - Perthes disease, Paget's disease, Connective tissue disorders (SLE, polymyositis, dermatomyositis, polyarteritis nodosa. Bone, skin grafting/tendon transfer procedures

Total Periods: 75

EXPERIENTIAL LEARNING

1. General fracture Rehabilitation and internal fixation of fractures.
2. General Orthopaedic surgeries.
3. Radiological findings of general musculoskeletal disorders.
4. Complications of fractures.
5. Flaps and grafts in orthopaedic surgeries.

RESOURCES

BOOKS:

1. David Warwick and Solomon: Apleys and Solomons system of orthopaedics and trauma, CRC Press, 10th Edition, 2017.
2. Timothy and Samuel: McRaes orthopaedic trauma and emergency fracture management; Elsevier; 4th Edition, 2023.
3. GS Kulkarni: Textbook of Orthopaedics and Trauma (4 Vol.); Jaypee brothers Medical publishers, 3rd Edition, 2016.
4. Anil K Jain: Tureks Orthopaedics principles and their application; Wolters India Pvt.Ltd; 8th Edition, 2022.
5. Maheshwari & Mhaskar: Essential Orthopaedics. Jaypee brothers Medical publishers; 7th Edition, 2022.
6. Natarajan: Textbook of Orthopaedics and Traumatology; Wolters Kluwer India private limited, 2nd Edition, 2004.

VIDEO LECTURES:

1. <https://youtu.be/IopKVu20ThE>
2. <https://youtu.be/ZmqOiMMtIUk>
3. <https://youtu.be/XA5bptFBzRg?si=feb6dhqRW5-Qu7hu>
4. <https://youtu.be/WQm6A4CTmnc?si=nmXgOtVaeAQrh4m6>
5. <https://youtu.be/vPiNd2gQp1E?si=X1xBEB8XETVWrXvm>
6. https://youtu.be/gX3gcGBVJ_A?si=MP8WCsSAY3nYVwH3

WEB RESOURCES:

1. <https://www.pdfdrive.com/>
2. <https://www.orthoinfo.aaos.org/>
3. <https://orthospineindia.com>
4. <https://www.spine-health.com>
5. <https://en.wikipedia.org/>

PROGRAM ELECTIVE

Course Code	Course Title	L	T	P	S	C
22PT202008	ORTHOPAEDIC ASSESSMENT AND EVALUATION	4	-	2	-	5
Pre-Requisite	-22PT201004-Clinical Orthopaedics					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION This course Provides a step by step regional, general analysis (subjective, objective assessment), evaluation, and Differential Diagnosis of Musculo skeletal system disorders.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Analyse various regions of Musculoskeletal system and Diagnosis.
- CO2.** Demonstrate special tests for regional musculoskeletal system for Diagnosis.
- CO3.** Knowledge on functional scales in various joints of musculoskeletal system.
- CO4.** Apply various evaluation procedure for Differential diagnosis.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	3	1	-	2	-	1	3	-	-
CO2	3	3	3	1	-	2	-	2	3	-	-
CO3	3	2	3	-	-	2	-	2	3	-	-
CO4	3	3	3	-	-	-	-	2	3	-	-
Course Correlation Mapping	3	3	3	1	-	2	-	2	3	-	-

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: HEAD, TEMPOROMANDIBULAR JOINT AND NECK (10 Periods)

Patient History, Observation, Examination: Examination of the Head, Examination of the Face, Examination of the Eye, Examination of the Nose, Examination of the Teeth, Examination of the Ear.

Active movements, Passive movements, Resisted Isometric Movements, Peripheral Joint Scanning Examination, Myotomes, Functional Assessment, Special Tests, Reflexes and Cutaneous Distribution, Joint play Movements, Palpation, and Diagnostic Imaging.

Module 2: UPPER LIMB – SHOULDER, ELBOW, FOREARM, WRIST, AND HAND (13 Periods)

Patient History Observation: Common Hand and Finger Deformities Other physical Findings.

Examination: Active movements, Passive movements, Resisted Isometric Movements, Functional Assessment, Special Tests, Reflexes and Cutaneous Distribution, Joint play Movements, Palpation, and Diagnostic Imaging.

Module 3: THORACIC SPINE, LUMBAR SPINE, AND PELVIS (12 Periods)

Patient History, Observation: Kyphosis, Scoliosis, Breathing, Chest Deformities.

Examination: Active movements, Passive movements, Resisted Isometric Movements, Functional Assessment, Special Tests, Reflexes and Cutaneous Distribution, Joint play Movements, Palpation, and Diagnostic Imaging.

Module 4: LOWER LIMB – HIP, KNEE, LEG, ANKLE, AND FOOT (13 Periods)

Patient History, Observation, Examination: Active movements, Passive movements, Resisted Isometric Movements, Functional Assessment, Special Tests, Reflexes and Cutaneous Distribution, Joint play Movements, Palpation, and Diagnostic Imaging.

Module 5: GAIT, POSTURE, AND AMPUTATION (12 Periods)

Abnormal Gait: Antalgic (painful) Gait, Arthrogenic (stiff Hip or Knee) Gait, Ataxic Gait, Contracture Gaits, Equinus Gait, Gluteus Maximus Gait, Gluteus Medius (Trendelenburg's) Gait, Hemiplegic or Hemiparetic Gait, Parkinsonian Gait, Plantar flexor Gait, Psoatic limp, Quadriceps Gait, Scissors Gait, Short Leg Gait, Steppage or Drop Foot Gait.

Common spinal Deformities: Lordosis, Kyphosis, Scoliosis. Patient History, Observation: Standing, Forward Flexion, Sitting, Supine Lying, Prone Lying Examination.

Examination: Measurements related to Amputation, Active movements, Passive movements, Resisted Isometric Movements, Functional Assessment, Sensation Testing, Psychological Testing, Palpation, and Diagnostic Imaging.

Total Periods: 60

EXPERIENTIAL LEARNING

1. Objective Examination of Head and Neck.
2. Examination of Upper limb disorders.
3. Examination of Lower limb disorders.
4. Examination of Spine & Pelvis.
5. Examination of Posture, Gait, and Amputation.
6. Functional Assessment Scales.

RESOURCES

BOOKS:

1. David J. Magee: Orthopaedic physical assessment; Elsevier India, 6th Edition, 2014.
2. Bruce Reider: The orthopaedic physical examination; Affiliated east west press, 2nd Edition, 2024.
3. Jeff G Konin: Special tests for orthopaedic examination; SLACK incorporated, 4th Edition 2015.
4. Robert A Donatelli: Orthopaedic physical therapy; Elsevier RS, 4th edition 2019.

VIDEO LECTURES:

1. <https://youtu.be/AtBNWCVVCdM>
2. <https://youtu.be/0SfacdtmTfg>
3. <https://youtu.be/MEopxiLeMtA?si=IEW3TqwdfqonRTGb>
4. <https://youtu.be/s9QtXX-Sch0>
5. https://youtu.be/NBKKrMSB_CE
6. <https://youtu.be/Dj41OI2CqG8>

WEB RESOURCES:

1. <https://www.pdfdrive.com/>
2. <https://www.physio-pedia.com/>
3. <https://musculoskeletalkey.com/musculoskeletal-assessment-3/>
4. <https://physiosunit.com/step-by-step-process-of-physiotherapy-assessment/>
5. <https://en.wikipedia.org/>

PROGRAM ELECTIVE

Course Code	Course Title	L	T	P	S	C
22PT202009	ORTHOPAEDIC PHYSIOTHERAPY INTERVENTION	4	-	2	-	5
Pre-Requisite	-22PT201004-Clinical Orthopaedics					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION This course aims to learn and apply the Physiotherapy Management in fractures & Dislocation, soft tissue injuries and other common acute and chronic Musculoskeletal disorders.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Understand the Physiotherapy management of Fracture and Dislocation.
- CO2.** Knowledge and apply the Rehabilitation protocols for various soft tissue and sports injuries.
- CO3.** Demonstrate Physiotherapy management in bone and Joint disorders.
- CO4.** Apply Physiotherapy management of various spinal injuries.
- CO5.** Understand the current advances in Physiotherapy management.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	2	1	-	1	-	2	2	2	3
CO2	3	2	3	-	-	1	-	2	2	2	3
CO3	3	2	3	-	-	1	-	2	2	2	3
CO4	3	2	3	-	-	1	-	2	2	2	3
CO5	3	1	3	1	-	1	-	2	2	2	3
Course Correlation Mapping	3	2	3	1	-	1	-	2	2	2	3

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: FRACTURE REHABILITATION (10 Periods)

Physiotherapy Intervention- Fractures and Dislocations – Upper limb, Lower limb, Spine, Skull bones and Ribs.

Module 2: SOFT TISSUE AND SPORTS INJURIES (13 Periods)

General Classification and Management, Ligamentous injuries, Muscles and Tendon injuries and surgically repaired soft tissue, Torticollis, Supraspinatus Syndromes, Rupture of rotator cuff, Deltoid & Quadriceps fibrosis, Tennis elbow, Ganglion, Dequervain's disease, Trigger finger, Trigger thumb, Dupuytren's contracture. Bursitis around the knee, Loose bodies in the knee, Chondromalacia patella, plantar fasciitis, Calcaneal spur, Osgood Schlatter disease,

Module 3: BONE AND JOINT DISORDERS (12 Periods)

Tumors of bones and joints, Congenital disorders, Developmental disorders bones, Bony Abnormalities secondary to endocrine disorders, Avascular necrosis of bone and epiphyseal osteochondritis, Disorders of bone & joint secondary to neurological conditions- Cerebral palsy, anterior poliomyelitis, Leprosy. Spinal cord injuries. Disorders of bone & joint secondary to Muscular Dystrophies, Arthrogryposis Multiplex Congenita, Fibro dysplasia progressive. Rheumatoid arthritis, Osteoarthritis.

Module 4: SPINAL INJURIES**(13 Periods)**

Low back ache, Lumbo sacral strain, Fibrositis Back, Sacralisation of 5th lumbar vertebra, IVDP, Ankylosing Spondylitis, Lumbar canal stenosis, Spondylosis, Spondylolisthesis, Brachial neuralgia, Cervical rib, Thoracic outlet syndrome, Scoliosis, Sciatica, Piriformis syndrome, Peripheral nerve injuries- Carpal tunnel syndrome, Tarsal tunnel syndrome.

Module 5: ADVANCE PHYSIOTHERAPY**(12 Periods)**

Burns, Reflex Sympathetic dystrophy, Amputation, Prosthesis & Orthosis, Manual Therapy techniques.

Total Periods: 60**EXPERIENTIAL LEARNING**

1. Anatomy and Physiology of Movements.
2. Upper limb and Lower limb Muscles Origin, Insertion, Action, and Nerve supply.
3. Muscles of Trunk – Origin, Insertion, Action, and Nerve Supply.
4. Peripheral Nervous System.
5. Analysis of Posture and Gait.

RESOURCES:**BOOKS**

1. S Brent Brotzman: Clinical orthopaedic rehabilitation: A team approach, Elsevier, 4th Edition, 2017.
2. Michael suk: Hoppen Felds treatment and rehabilitation of fractures; Lippincott Williams and Wilkins; 2nd Edition, 2021.
3. Christopher Mc Carthy: Grieves Modern Musculoskeletal Physiotherapy; Elsevier, 4th Edition, 2015.
4. Leon Chaitow: Muscle Energy Techniques; Elsevier; 4th Edition, 2019.
5. Wayne Hing: The Mulligan concept of manual therapy. Churchill Livingstone; 1st Edition, 2014.
6. Rose Mac Donald: Taping Techniques- Principles and Practice; Butterworth-Heinemann, 2nd Edition, 2004.
7. Chris Kresge: The Feldenkrais Method- Learning Through Movement; Handspring Publishing Ltd; 1st Edition, 2021.
8. John Sharkey: The concise book of Dry Needling: A Practitioners Guide to Myofascial Trigger Point; North Atlantic Books; 1st Edition, 2017.
9. Susan B O Sullivan: Physical Rehabilitation; F A Davis; 7th Edition, 2019.
10. Michel Probst: Physiotherapy in Mental Health and Psychiatry: A scientific and Clinical based Approach; Elsevier; 1st Edition, 2017.

VIDEO LECTURES:

1. <https://youtu.be/1EGSAIPtSvc>
2. <https://youtu.be/TX3qmV-7g9A>
3. <https://youtu.be/VEMG7QjG-2w>
4. <https://youtu.be/2bjt-0FevRY>
5. https://youtu.be/UKcYXdtd_6g
6. <https://youtu.be/fnFvWsVblUk>

WEB RESOURCES:

1. <https://www.pdfdrive.com/>
2. <https://www.physio-pedia.com/>
3. <https://youtu.be/RuHEJs8Dibk>
4. https://www.physio-pedia.com/Maitland%27s_Mobilisations
5. <https://en.wikipedia.org/>
6. <https://www.csp.org.uk/conditions/knee-pain/video-exercises-knee-pain>

PROGRAM ELECTIVE

Course Code	Course Title	L	T	P	S	C
22PT202012	PHYSIOTHERAPY IN SPORTS MEDICINE	4	-	2	-	5
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION:

This course provides a detailed discussion on Physiotherapy treatments of the sports related injuries and the recent advances in the Sports rehabilitation.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1** Understand the prevention of Sports injury.
- CO2** Understand rationale for use of Kinesio taping and sports technique as a clinical adjunct in practice.
- CO3** Knowledge in training, nutrition, and psychology of different Sports.
- CO4** Understand the Physiotherapy management of sports injury.

CO-PO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	3	3	2	-	3	-	-	3	3	3
CO2	3	3	3	2	-	3	-	-	3	3	3
CO3	3	3	3	2	-	3	-	-	3	3	3
CO4	3	3	3	2	-	3	-	-	3	3	3
Course Correlation Level	3	3	3	2	-	3	-	-	3	3	3

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSECONTENT

MODULE- 1 Athlete Injury Prevention (15 Periods)

prevention of Athletic Injuries, Athletic Coordinating Program - Skeletal Muscle Type 1 and Type 2 fibers, General conditioning principles- Strength, power, muscular endurance, flexibility, anaerobic metabolism. Warm-up Period: Warm-up schedule, stretching partner stretching using the proprioceptive neuromuscular facilitation technique. Protective and supportive equipment: Protective equipment, supportive devices, motion limiting devices. Treatment of athletic injuries, Taping and wrapping techniques. Emergency care and Athletic First Aid: Cardiopulmonary Emergencies, ABC of resuscitation, Heimlich maneuver shock injuries, internal injuries, Head and neck injuries, Fractures, Dislocations.

MODULE- 2 Sports Techniques (15 Periods)

Introduction to K-taping method, The Four Application Techniques, Muscle Applications of Upper and Lower Extremity, Spine, Muscle Applications of Upper and Lower Extremity, Spine, Therapeutic Applications in specific conditions, **Athletic Training-** Principles of Training Methodology, Overtraining and Recovery Techniques, Periodization - Principles and guidelines, Developing the Yearly Plan, Methods of Programme Evaluation - Field Testing Program Design- Resistance training, endurance training, plyometric, cross fit, Fitness training related to specific sports, circuit training, sport - specific skills. Application of isokinetics in athletic rehabilitation.

MODULE- 3 NUTRITION AND PSYCHOLOGY OF ATHLETE (15 Periods)

Energy-Yielding Nutrients, Physiological Aspects of Energy Metabolism, Fluid and fuel intake during competition and training, Body Weight Regulation and Energy Needs

Dietary supplements and ergogenic aids, Sport-specific strategies to enhance performance: endurance and endurance trained sports, intermittent sports, strength and power sport, weight, restricted and weight conscious sports. Sports Psychology: Introduction, Psychological aspects of Sports, Goal Setting, Group Cohesion, Psychological aspects of sports injuries.

MODULE- 4 PT MANAGEMENT (15 Periods)

Physiotherapeutic management, Fitness training related to specific sports. Rehabilitation & sports specific training for injuries in: Shoulder girdle, Elbow joint, Wrist & hand, Thigh, Knee, Patella, Ankle & foot, Cervical spine & skull, Thoracic spine & thoracic cage, Lumbosacral region, Swimming, Athletic, Abdominal. Injury First Aid: ICE or cold application, compression, Elevation, Gait Instruction, Stretcher and Wheelchair uses. Physiotherapeutic interventions for relief of pain. Sports massage, Trigger point release, neural tissue mobilization, Core Stability assessment & Training, Pilates, Swiss Ball training. Exercise testing, prescription & rehabilitation of older adults and geriatrics. Sports during pregnancy. Sports for youth with disabilities (Para Olympics) Dynamic nature of personality, types of personality, role of sports in development of personality

Total Periods: 60

EXPERIENTIAL LEARNING

1. Pre event preparation and Preparticipation Evaluation
2. Goals of rehabilitation
3. Circuit training in Sports
4. Fitness training related to specific sports.

RESOURCES

TEXTBOOKS:

1. Peter Brukner and Karim Khan, Clinical Sports Medicine, McGraw-Hill Education / Australia publications, 5th edition, 2017.
2. Weinberg RS, Gould D. Foundations of Sport and Exercise Psychology, Human Kinetics; 3rd edition, 2018.
3. David C. Reid, Sports Injury Assessment and Rehabilitation, Churchill Livingstone publications, 1st edition, 1992.
4. Pfeiffer RP, Mangus BC, Trowbridge C. Concepts of athletic training. Jones & Bartlett Publishers; 2nd edition, 2014.
5. Kumbrink. B, K-taping: an illustrated guide-basics-techniques-indications. Springer, 2nd edition, 2014.
6. Andersen MB, Doing sport psychology. Human Kinetics; 2nd edition, 2000.
7. Bompa, Buzzichelli C. Periodization, theory and methodology of training, Human kinetics; 3rd edition, 2018.
8. Nutrition for Athletics, A Practical Guide to Eating and Drinking for Health And Performance In Track And Field. IAAF Athletics. 2018.- 2nd edition

VIDEOLECTURES:

1. <https://youtu.be/a54Sks3apT4?si=kLXEuniozqIJxM-6>
2. <https://youtu.be/fhNV7uu1lec?si=0TP8dwE71gnhztIH>
3. <https://youtu.be/9VFt2VtpbQc?si=FivHIOgGhwkI7P0->
4. https://www.youtube.com/watch?v=w_uSsFeA_lc
5. https://www.youtube.com/watch?v=EjJ5nX_jM-w

Web Resources:

1. <https://www.slideshare.net/SushmitaKushwaha/physical-therapies-in-management-of-sports-injuries>
2. https://www.physio-pedia.com/Rehabilitation_in_Sport
3. <https://cbphysiotherapy.in/blog/on-field-sports-injury-management-immediate-physiotherapy-and-rehab-strategies>
4. https://www.physio-pedia.com/The_Role_of_the_Sports_Physiotherapist
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8039355/>

PROGRAM CORE

Course Code	Course Title	L	T	P	S	C
22PT201005	GERIATRICS PHYSIOTHERAPY	2	-	-	-	2
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course gives an overview of different problems faced by old age people, physiological changes of aging, musculoskeletal physiotherapy evaluation, and management.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1.** Understand the aging and systemic physiological changes in elders.
- CO2.** Apply the knowledge of evaluation and musculoskeletal management in geriatrics.

CO-PO-PSO Mapping Table:

Course Outcomes	Program Outcomes								Program Specific Outcomes		
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	3	2	3	1	-	1	-	1	3	1	1
CO2	3	2	3	1	-	1	-	2	3	1	1
Course Correlation Mapping	3	2	3	1	-	1	-	2	2	1	1

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: Introduction to Geriatrics (15 Periods)

Geriatrics, theories of aging, physiological changes – cardio-pulmonary system, nervous system, musculoskeletal system, fundamental principles of physiotherapy in old people.

Module 2: Musculoskeletal physiotherapy in Geriatrics (15 Periods)

Assessment of musculoskeletal impairments, Prevention of falls, Rehabilitation models, management of musculoskeletal impairments, evidence-based practice in geriatrics and discharge planning.

Total Periods: 30

EXPERIENTIAL LEARNING

1. Energy conserving exercises
2. Stretching Exercises.
3. Breathing Exercises.
4. Prevention of falls.
5. Progressive Resistance Exercises.

RESOURCES

BOOKS:

1. Multani: Principles of geriatric physiotherapy, Jaypee medical publishers, 1st Edition, 2008.
2. Cathy Jo cress: Handbook of geriatric care management; Jones and Barlett publishers, Inc; 4th Edition, 2015.
3. Andrew A Guccione: Geriatric Physical Therapy; Mosby, 3rd Edition, 2011.

VIDEO LECTURES:

1. <https://youtu.be/jvIFA9W836w>
2. https://youtu.be/v_Au06q5E18
3. https://youtu.be/Tx_rolpoS2w
4. <https://youtu.be/xCB8T1TRguA>
5. <https://youtu.be/C6SDYeilb6M>

WEB RESOURCES:

1. <https://www.pdfdrive.com/>
2. <https://www.physio-pedia.com/>
3. <https://nzihf.ac.nz/personal-training/exercise-principles/>
4. https://www.physio-pedia.com/Maitland%27s_Mobilisations
5. <https://en.wikipedia.org/>

UNIVERSITY ELECTIVE

Course Code	Course Title	L	T	P	S	C
22CB101703	FORENSIC SCIENCE	3	-	-	-	3
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course provides a detailed discussion on Concepts of Forensic Science, Tools and Techniques in Forensic Science, Forensic Photography, Crime Scene Management, Crime Scene Management Laws and Forensic Science.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1** Understand the basic concepts of Forensic science.
- CO2** Apply various tools and techniques in forensic science for crime investigation.
- CO3** Understand Forensic Photography fundamentals.
- CO4** Perform Crime scene investigation, scene reconstruction and prepare reports.
- CO5** Understand Legal aspects of Forensic Science.

CO-PO Mapping Table:

Course Outcomes	Program Outcomes											
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1	3											
CO2	3	3	2	2	2							
CO3	3	3										
CO4	3	3	2	2	2							
CO5	3	3	2	2	2							
Course Correlation Mapping	3	3	2	2	2							

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: INTRODUCTION

(09 Periods)

Introduction, Need, Scope, Concepts and Significance of Forensic Science, History and Development of Forensic Science, Laws and Basic principles of Forensic Science, Branches of forensic science, Organizational set-up of a Forensic Science Laboratory. Investigative strategies. Expert testimony and eye-witness report.

Module 2: TOOLS AND TECHNIQUES IN FORENSIC SCIENCE

(09 Periods)

Basic principles of microscopy, spectroscopy, chromatography, Electrophoresis, Enzyme Linked Immunosorbent Assay (ELISA), Radio Immuno Assay (RIA). Measuring and optical instruments. Research methodologies; Formation of research design on a specific

problem. Central tendency and Dispersion. Test of significance. Analysis of variance, Correlation and Regression.

Module 3: FORENSIC PHOTOGRAPHY

(8 Periods)

Basic principles of Photography, Techniques of black & white and color photography, cameras, lenses, shutters, depth of field, film; exposing, development and printing techniques; Different kinds of developers and fixers; UV, IR, fluorescence illumination guided photography; Modern development in photography- digital photography, working and basic principles of digital photography; Surveillance photography. Videography and Crime Scene & laboratory photography.

Module 4: CRIME SCENE MANAGEMENT

(11 Periods)

Crime scene investigations, protecting and isolating the crime scene; Documentation, sketching, field notes and photography. Searching, handling and collection, preservation and transportation of physical evidences, Chain of custody and Reconstruction of scene of crime. Report writing.

Module 5: LAW AND FORENSIC SCIENCE

(8 Periods)

Legal aspects of Forensic Science: Forensic Science in the Criminal Justice System, The Criminal Investigation Process, Production of Evidence: The Subpoena, The Rules of Evidence, Authentication of Evidence: The Chain of Custody, The Admissibility of Evidence, Laboratory Reports, Examples of Analysis and Reports, Expert Testimony, Getting into Court, Testifying, Being a Witness and an Expert, Considerations for Testimony.

Total Periods: 45

EXPERIENCIAL LEARNING

1. Study of Computer Forensics and different tools used for forensic investigation
2. **Identify and list the steps for hiding and extract any text file behind an image file/ Audio file using Command Prompt**

(Note: It's an indicative one. The course instructor may change the activities and the same shall be reflected in course handout.)

RESOURCES

TEXT BOOKS:

1. Houck M.M and Siegel J.A, *Fundamentals of Forensic Science*, Elsevier, 2nd edition, 2010.
2. Sharma B.R, *Forensic Science in Criminal Investigation and Trials*, Universal Publishing Co., New Delhi, 2003.

REFERENCE BOOKS:

1. Nanda B.B and Tewari, R.K, *Forensic Science in India- A vision for the Twenty First Century*, Select Publisher, New Delhi, 2001.
2. James, S.H and Nordby, J.J, *Forensic Science- An Introduction to Scientific and Investigative Techniques*, CRC Press, USA, 2003.
3. Saferstein, Criminalistics, *An Introduction of Forensic Science*, Prentice Hall Inc, USA, 2007.
4. Barry, A.J. Fisher, *Techniques of Crime Scene Investigation*, CRC Press, NewYork, 7th edition, 2003.

VIDEO LECTURES:

1. <https://nptel.ac.in/courses/106106178>
2. <https://www.youtube.com/watch?v=X5fo1H7bc0g>

WEB RESOURCES:

1. <https://www.nist.gov/forensic-science>
2. <https://www.coursera.org/learn/forensic-science>

UNIVERSITY ELECTIVE

Course Code	Course Title	L	T	P	S	C
22EC101701	AI IN HEALTHCARE	3	-	-	-	3

Pre-Requisite -

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course provides a detailed discussion on Concepts of Artificial Intelligence (AI) in Healthcare; The Present State and Future of AI in Healthcare Specialties; The Role of Major Corporations in AI in Healthcare; Applications of AI in Healthcare.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- CO1** Understand the fundamental concepts of AI in Healthcare sector.
- CO2** Analyze the present state and future of AI in Healthcare specialties for different scenarios.
- CO3** Apply design concepts and metrics for AI in Healthcare.
- CO4** Demonstrate basic concepts and terminologies of future applications of Healthcare in AI.
- CO5** Develop AI applications through AI techniques for healthcare

CO-PO Mapping Table

Course Outcomes	Program Outcomes											
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
CO1	3	2	2	2	-	-	-	-	-	-	-	-
CO2	2	3	-	2	-	2	2	-	-	-	-	-
CO3	2	-	2	2	-	-	-	-	-	-	-	-
CO4	2	-	-	-	2	2	-	-	-	-	-	-
CO5			3									
Course Correlation Mapping	2	-	3	2	2	2	2	-	-	-	-	-

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: INTRODUCTION TO ARTIFICIAL INTELLIGENCE IN HEALTHCARE (08 Periods)

Introduction to AI in Healthcare, Benefits & Risks, AI in the health sector, AI versus human intelligence, The future of AI in health sector, AI & Neural networks.

Module 2: THE PRESENT STATE & FUTURE OF AI IN HEALTHCARE SPECIALTIES (10 Periods)

Artificial Intelligence in: preventive healthcare, Radiology, Pathology, Surgery, Anesthesiology, Psychiatry, Cardiology, Pharmacy, Dermatology, Dentistry, Orthopedics, Ophthalmology.

Module 3: THE ROLE OF MAJOR CORPORATIONS IN AI IN HEALTHCARE (08 Periods)

IBM Watson, The role of Google & Deep mind in AI in Healthcare, Baidu, Facebook & AI in Healthcare, Microsoft & AI in Healthcare.

Module 4: FUTURE OF HEALTHCARE IN AI (10 Periods)

Evidence-based medicine, personalized medicine, Connected medicine, Virtual Assistants, Remote Monitoring, Medication Adherence, Accessible Diagnostic Tests, Smart Implantables, Digital Health and Therapeutics, Incentivized Wellness, Block chain, Robots, Robot-Assisted Surgery, Exoskeletons, Inpatient Care, Companions, Drones, Smart Places, Smart Homes, Smart Hospitals.

Module 5: APPLICATIONS OF AI IN HEALTHCARE (09 Periods)

Case Study 1: AI for Imaging of Diabetic Foot Concerns and Prioritization of Referral for Improvements in Morbidity and Mortality.

Case Study 2: Outcomes of a Digitally Delivered, Low-Carbohydrate, Type 2 Diabetes Self-Management.

Case Study 3: Delivering A Scalable and Engaging Digital Therapy.

Case Study 4: Improving Learning Outcomes for Junior Doctors through the Novel Use of Augmented and Virtual Reality for Epilepsy.

Case Study 5: Big Data, Big Impact, Big Ethics: Diagnosing Disease Risk from Patient Data.

Total Periods: 45

EXPERIENTIAL LEARNING

1. Analyze how the artificial intelligence is used to predict the disease result and Prognosis Assessment of a patient.
2. How does drug discovery happen and how does AI is helping in drug discovery and Labs.
3. Justify that artificial intelligence provide engineering solutions for early detection and Diagnosis of diseases.
4. Demonstrate the prediction of bladder volume of a patient.

(Note: It's an indicative one. Course Instructor may change activities and shall be reflected in course Handout)

RESOURCES

TEXT BOOKS:

1. Dr. Parag Mahajan, *Artificial Intelligence in Healthcare*, MedManthra Publications, First Edition 2019.
2. Arjun Panesar, *Machine Learning and AI for Healthcare Big Data for Improved Health*, Apress Publications, 2019.

REFERENCE BOOKS:

1. Michael Matheny, Sonoo Thadaney Israni, Mahnoor Ahmed, and Danielle Whicher, *Artificial Intelligence in Health Care: The Hope, the Hype, the Promise, the Peril*, National Academy of Medicine Publication, First Edition 2019.

VIDEO LECTURES:

1. <https://www.youtube.com/watch?v=-aHBwTQQyNU>
2. <https://intellipaath.com/blog/artificial-intelligence-in-healthcare/>

Web Resources:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6616181/>
2. <https://www.ibm.com/topics/artificial-intelligence-healthcare>
3. <https://builtin.com/artificial-intelligence/artificial-intelligence-healthcare>

UNIVERSITY ELECTIVE

Course Code	Course Title	L	T	P	S	C
22SS201701	VALUE EDUCATION	3	-	-	-	3
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course deals with understanding the value of education and self-development, Imbibe good values in students, and making them know about the importance of character.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- C01.** Demonstrate the knowledge of values and self-development
- C02.** Analyze the importance of the cultivation of values.
- C03.** Learn suitable aspects of personality and behavioral development
- C04.** Function as a member and leader in multi-disciplinary teams by avoiding faulty thinking.
- C05.** Develop character and competence for effective studies.

CO-PO Mapping Table:

Course Outcomes	Program Outcomes											
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
C01	3	-	-	-	-	-	-	3	2	-	-	-
C02	2	3	-	-	2	-	-	3	2	-	-	-
C03	2	-	-	-	2	-	-	3	2	-	-	-
C04	2	-	-	-	-	-	-	3	2	-	-	-
C05	2	2	-	-	-	-	-	3	2	-	-	-
Course Correlation Mapping	2	3	-	-	2	-	-	3	2	-	-	-

Correlation Levels: 3: High; 2: Medium; 1: Low

COURSE CONTENT

Module 1: VALUES AND SELF-DEVELOPMENT

(09 Periods)

Values and self-development –Social values and individual attitudes. Work ethics, Indian vision of humanism. Moral and non-moral valuation. Standards and principles. Value judgements- Case studies

Module 2: IMPORTANCE OF CULTIVATION OF VALUES.

(09 Periods)

Importance of cultivation of values. Sense of duty. Devotion, Self-reliance. Confidence, Concentration. Truthfulness, Cleanliness. Honesty, Humanity. Power of faith, National Unity. Patriotism. Love for nature, Discipline- Case studies

Module 3: PERSONALITY AND BEHAVIOR DEVELOPMENT

(09 Periods)

Personality and Behavior Development - Soul and Scientific attitude. Positive Thinking. Integrity and discipline, Punctuality, Love and Kindness - Case studies

Module 4: AVOID FAULTY THINKING.

(09 Periods)

Avoid fault Thinking. Free from anger, Dignity of labour. Universal brotherhood and religious tolerance. True friendship. Happiness Vs suffering, love for truth. Aware of self-destructive habits. Association and Cooperation. Doing best for saving nature - Case studies

Module 5: CHARACTER AND COMPETENCE

(09 Periods)

Character and Competence –Holy books vs Blind faith. Self-management and Good health. Science of reincarnation, Equality, Nonviolence, Humility, Role of Women. All religions and the same message. Mind your Mind, Self-control. Honesty, Studying effectively- Case studies

Total Periods: 45

EXPERIENTIAL LEARNING

1. Demonstrate orally using your experiences of what values are naturally acceptable in a relationship to nurture or exploit others.
2. Prepare a report by identifying and analyzing the importance of cultivation of values.
3. Present a poster on different attitudes and behaviors.
4. Students give a PowerPoint presentation on doing best for nature.
5. Students are encouraged to bring a daily newspaper to class or to access any news related to the need for human values and note down the points.
6. Prepare a case study on how to maintain harmony with different religious people through character and competence.

(It's an indicative one. The Course Instructor may change the activities and the same shall be reflected in the Course Handout)

RESOURCES

TEXTBOOKS:

1. R. Subramanaian, *Professional Ethics*, Oxford Higher Education, 2013.
2. Mike W. Martin and Roland Schinzinger, *Ethics in Engineering*, Tata McGraw-Hill, 3rd Edition, 2007.
3. Chakravarthy, S.K.: Values and ethics for Organizations: Theory and Practice, Oxford University Press, NewDelhi, 1999.

REFERENCE BOOKS:

1. M.G. Chitakra: Education and Human Values, A.P.H. Publishing Corporation, New Delhi, 2003
2. Awakening Indians to India, Chinmayananda Mission, 2003
3. Satchidananda, M.K.: Ethics, Education, Indian Unity and Culture, Ajantha Publications, Delhi, 1991

VIDEO LECTURES:

1. <https://www.youtube.com/watch?v=90VQPZURN5c>
2. <https://www.youtube.com/watch?v=6ofPcK0uDaA>
3. https://www.youtube.com/watch?v=5_f-7zCi79A
4. <https://www.youtube.com/watch?v=2ve49BWAJRE>
5. <https://www.youtube.com/watch?v=kCOIfnxxQ5U>

WEB RESOURCES:

1. <https://www.livingvalues.net/>
2. <https://livingvalues.net/materials-for-schools/>
3. <https://www.edb.gov.hk/en/curriculum-development/4-key-tasks/moral-civic/index.html>

UNIVERSITY ELECTIVE

Course Code	Course Title	L	T	P	S	C
22SS201702	PEDAGOGY STUDIES	3	-	-	-	3
Pre-Requisite	-					
Anti-Requisite	-					
Co-Requisite	-					

COURSE DESCRIPTION: This course deals with understanding pedagogical practices that are being used by teachers in formal and informal classrooms, the effectiveness of pedagogical practices, teacher education (curriculum and practicum), and the school curriculum and guidance materials that can best support effective pedagogy.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

- C01** Demonstrate knowledge of pedagogical methodology
- C02** Analyze the functional knowledge in Pedagogical practices, Curriculum, and Teacher Education
- C03** Learn effective pedagogical practices and apply strategies.
- C04** Function effectively as an individual and as a member of the Professional development.
- C05** Understand research Gaps and provide future Directions.

CO-PO Mapping Table:

Course Outcomes	Program Outcomes											
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
C01	2	1	-	-	-	-	-	-	-	3	-	-
C02	2	3	-	-	3	-	-	-	-	3	-	-
C03	2	2	-	-	3	-	-	-	-	3	-	-
C04	1	1	-	-	-	-	-	-	3	3	-	-
C05	-	-	-	-	-	-	-	-	-	3	-	-
Course Correlation Mapping	2	2	-	-	3	-	-	-	3	3	-	-

Correlation Levels: **3: High; 2: Medium; 1: Low**

COURSE CONTENT

Module 1: INTRODUCTION AND METHODOLOGY (09 Periods)

Aims and rationale, Policy background, Conceptual framework and terminology Theories of learning, Curriculum, Teacher education. Conceptual framework, Research questions. Overview of Methodology and Searching- Case studies

Module 2: THEMATIC OVERVIEW (09 Periods)

Pedagogical practices are being used by teachers in formal and informal classrooms in developing countries. Curriculum, Teacher Education- Case studies

Module 3 EFFECTIVENESS OF PEDAGOGICAL PRACTICES (09 Periods)

Evidence on the effectiveness of pedagogical practices, Methodology for the in-depth stage: quality

assessment of included studies, teacher education (curriculum and practicum) and the school curriculum and guidance materials best support effective pedagogy, Theory of change, Strength and nature of the body of evidence for effective pedagogical practices. Pedagogic theory and pedagogical approaches. Teachers' Attitudes and beliefs and Pedagogic strategies- Case studies

Module 4 PROFESSIONAL DEVELOPMENT (09 Periods)

alignment with classroom practices and follow-up support, Peer support, and Support from the head teacher and the community. Curriculum and assessment, Barriers to learning: limited resources and large class sizes- Case studies

Module 5 RESEARCH GAPS AND FUTURE DIRECTIONS (09 Periods)

Research design, Contexts, Pedagogy, Teacher Education, Curriculum and Assessment, Dissemination and research impact- Case studies

Total Periods: 45

EXPERIENTIAL LEARNING

1. List out the self-improvement in you after going through pedagogical methodologies.
2. Discuss different practices that you would like to adopt in the curriculum.
3. Describe in your own words how can you bring effectiveness to the curriculum.
4. Imagine you are a head teacher and illustrate different barriers to learning.
5. Assume you are a teacher and Interpret different directions that you would bring for the assessment of the students.

(It's an indicative one. The Course Instructor may change the activities and the same shall be reflected in the Course Handout)

RESOURCES

TEXTBOOK:

1. Ackers J, Hardman F (2001) Classroom interaction in Kenyan primary schools, Compare, 31 (2): 245-261.
2. Alexander RJ (2001) Culture and pedagogy: International comparisons in primary education.

REFERENCES:

1. Akyeampong K (2003) Teacher training in Ghana - does it count? Multi-site teacher
2. Agrawal M (2004) Curricular reform in schools: The importance of evaluation, Journal of
3. Akyeampong K, Lussier K, Pryor J, Westbrook J (2013) Improving teaching and learning of basic maths and reading in Africa: Does teacher preparation count? International
4. Chavan M (2003) Read India: A mass scale, rapid, 'learning to read' campaign.

VIDEO LECTURES:

1. <https://www.youtube.com/watch?v=WL40UeySag4>
2. <https://www.youtube.com/watch?v=MMXaXDIHFJ8>
3. <https://www.youtube.com/watch?v=7uJL1R6M4Iw>

WEB RESOURCES:

1. <https://acrl.ala.org/IS/instruction-tools-resources-2/pedagogy/a-selected-list-of-journals-on-teaching-learning/>
2. <https://guides.douglascollege.ca/TLOnline/resourcesforonlinepedagogy>
3. https://www.refseek.com/directory/teacher_resources.html

UNIVERSITY ELECTIVE

Course Code	Course Title	L	T	P	S	C
22LG201701M	PERSONALITY DEVELOPMENT	3	-	-	-	3

Pre-Requisite -

Anti-Requisite -

Co-Requisite -

COURSE DESCRIPTION: This course gives awareness to students about the various dynamics of personality development.

COURSE OUTCOMES: After successful completion of the course, students will be able to:

CO1. Demonstrate knowledge in Self-Management and Planning Career

CO2. Analyze the functional knowledge in attitudes and thinking strategies

CO3. Learn and apply soft skills for professional success.

CO4. Function effectively as an individual and as a member in diverse teams

CO5. Communicate effectively in public speaking in formal and informal situations.

CO-PO Mapping Table:

Course Outcomes	Program Outcomes								
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
CO1	2	1	-	-	-	-	-	-	-
CO2	2	3	-	-	-	-	-	-	-
CO3	2	2	-	-	3	-	-	-	-
CO4	1	1	-	-	-	-	-	-	3
CO5	-	-	-	-	-	-	-	-	-
Course Correlation Mapping	2	2	3	-	3	-	-	-	3

Correlation Levels: **3: High;** **2: Medium;** **1: Low**

COURSE CONTENT

Module 1: SELF-ESTEEM & SELF-IMPROVEMENT **(09 Periods)**

Know Yourself – Accept Yourself; Self-Improvement: Plan to Improve - Actively Working to Improve Yourself- Exercises- case studies

Module 2: DEVELOPING POSITIVE ATTITUDES **(09 Periods)**

How Attitudes Develop – Attitudes are Catching – Improve Your Attitudes – Exercises- case studies

Module 3 SELF-MOTIVATION & SELF-MANAGEMENT **(09 Periods)**

Show Initiative – Be Responsible Self-Management; Efficient Work Habits – Stress Management – Employers Want People Who can Think – Thinking Strategies- Exercises- case studies

Module 4 GETTING ALONG WITH THE SUPERVISOR

(09 Periods)

Know your Supervisor – Communicating with your Supervisor – Special Communication with your Supervisor – What Should you Expect of Your Supervisor? – What your Supervisor expects

of you - Moving Ahead Getting Along with your Supervisor- Exercises- case studies

Module 5 WORKPLACE SUCCESS

(09 Periods)

First Day on the Job – Keeping Your Job – Planning Your Career – Moving Ahead- Exercises- case studies

Total Periods: 45

EXPERIENTIAL LEARNING

1. List out the self-improvements in you on the charts and explain in detail.
2. Discuss different famous personalities and their attitudes.
3. Describe different personalities with respect to self-motivation and self-management.
4. Imagine you are a supervisor and illustrate different special communications.
5. Assume and Interpret different experiences on the first day of your job.

RESOURCES

TEXTBOOK:

- 1 Harold R. Wallace and L. Ann Masters, *Personal Development for Life and Work*, Cengage Learning, Delhi, 10th edition Indian Reprint, 2011. (6th Indian Reprint 2015)
- 2 Barun K. Mitra, *Personality Development and Soft Skills*, Oxford University Press, 2011.

REFERENCE BOOKS:

- 1 K. Alex, *Soft Skills*, S. Chand & Company Ltd, New Delhi, 2nd Revised Edition,
- 2 Stephen P. Robbins and Timothy A. Judge, *Organizational Behaviour*, Prentice Hall, Delhi, 16th edition, 2014

VIDEO LECTURES:

1. <https://www.youtube.com/watch?v=6Y5VWBLi1es>
2. <https://www.youtube.com/watch?v=H9qA3inVMrA>

Web Resources:

1. <https://www.universalclass.com/.../the-process-of-perso...>
2. <https://www.ncbi.nlm.nih.gov/pubmed/25545842>
3. <https://www.youtube.com/watch?v=Tuw8hxrFBH8>