

MPT SPORTS 1ST SEMESTER

SEMESTER – I				Contact Hours
CORE COURSES		Credit Hours		
Course Code	Course Title	Theory	Practical	
MPT.501	Professional Practice	1		1
MPT.501P	Professional Practice Practical		1.5	3
MPT.599	Seminars	2		2
MPT.521	Clinical Discussion	1 (NC)		1 (NC)
MPT.531	Clinical Case Presentations	2 (NC)		2 (NC)
MPT.541	Journal Club	2 (NC)		2 (NC)
MPT.551P	Classroom Teaching	2 (NC)		2 (NC)
MPT.571P	Clinical Training		7.5 (NC)	15 (NC)
MPT.560	Library	2 (NC)		2 (NC)
MPT.600	Synopsis		3 (NC)	6 (NC)
OTHER ESSENTIAL COURSES				
RMB.501	Research Methodology and Biostatistics	4		4
HVE.501	Human Values	2		2
Total for Semester I		18	12	42
Total Credit Hours for Semester I		30		

PROFESSIONAL PRACTICE**MPT.501****Credits: 1hr/ week**

Sr. No	Topic
1.	Development of Physiotherapy Profession
2.	Laws governing physiotherapy practice
3.	Ethical issues in practice of physiotherapy-Clinical, Research and Academics. Administration, legislation, rules and regulations governing physiotherapy practice- National & International. Scope of Physiotherapy in Hospital, Community & Industry.
4.	Roles of the physiotherapist
5.	Standards for practice for physiotherapist and the criteria
6.	SOAP format. Subjective - history taking, informed consent, personal, past, medical and socioeconomic history, chief complaints, history of present illness. Pain assessment- intensity, character, aggravating and relieving factors, site and location. Objective- on observation - body built swelling, muscle atrophy, deformities, posture and gait. On palpation- tenderness-grades, muscle spasm, swelling-methods of swelling assessment, bony prominences, soft tissue texture and integrity, warmth and vasomotor disturbances. On examination – ROM – active and passive, resisted isometric tests, limb length-apparent, true and segmental , girth measurement, muscle length testing-tightness, contracture and flexibility, manual muscle testing, peripheral neurological examination- dermatomes, myotomes and reflexes, special tests and functional tests. Prescription of home program. Documentation of case records, and follow up.
7.	Documentation of rehabilitation assessment and management using International Classification of Functioning Disability and Health (ICF)
8.	Standardized tests and scales used in various types of cases for assessment and interpretation in Physiotherapy practice. Evaluation methods and Outcome measurements used in musculoskeletal disorders like Goniometry, Manual muscle testing ,hand held dynameters ,

	<p>Myometer, end feels, grades of edema, grades of tenderness, Strength their reliability and validity, VAS, Mc Gill questionnaire, Neck Disability Index, Cervical spine outcome questionnaire, Upper extremity functional scale, American Shoulder and elbow scale, Simple shoulder test, Disability of shoulder arm and hand questionnaire, Short musculoskeletal functional assessment, Modified Oswestery disability questionnaire, Ronaldo Morris disability questionnaire, Psoriasis research society 22 questionnaire, Achilles tendon rupture score, Foot and ankle ability measure (Sports scale), Foot and ankle outcome score, revised foot function index, foot health status questionnaire, Physical activity and disability survey, Revised Physical activity and disability survey, Physical activity scales for elderly, Evaluation Methodology and Disability calculator, Ergometry, shoulder Pain and Disability Index, WOMAC Scale, Nordic Scale, SF36, Sickness impact profile, PROMIS, 10 Global health</p>
9.	<p>Evaluation methods and Outcome measurements used in Neuromuscular disorders, Equilibrium and Non equilibrium test, Deep tendon reflexes, Primitive and tonic reflex, cranial nerve examination, Voluntary Control Physiotherapy functional mobility profile and Physiotherapy functional mobility profile Questionnaire, Trinity test of functional mobility, Elderly mobility scale and Swedish modified EMS, Activities specific balance confidence scale, Berg balance scale, COMA1, Barthel index, GCS, Cards index of ADL, Oasis, Step watch monitor, Short Parkinson evaluation scale, Freezing gait questionnaire, Postural assessment scale for stroke, trunk impairment scale, Multiple sclerosis impact scale, Tardieu Scale, ashworth Scale , Modified ashworth Scale, Locomotor capabilities index 5, Motor assessment scale, Wheelchair Skills Test (WST) and Wheelchair Skills Test Questionnaire (WSTQ), Wheelchair Outcome Measure (WhOM), Wheel Chair users shoulder pain index, Pain self efficiency questionnaire, Multiple dimensional pain inventory, walking index for spinal cord injury patients, stop watch monitors, Fatigue impact scale and its derivatives, Daily fatigue impact scale, Modified fatigue impact scale,</p>

	Fatigue impact scale for COPD (FIS 25), Baroneurological institute Fatigue scale, Brief inventory scale, ASIA Scale, SD Curve, NCV, EMG.
10.	Evaluation methods and Outcome measurements used in Cardiovascular disorders Vitals, Capacities, Volumes, Blood gas analysis, Modified Medical research Council Scale of Dyspnea, 6 Minute walk test, Physical Performance Test, Minnesota Living with Heart Failure Questionnaire, Chronic Respiratory Disease Questionnaire, Time up and go Test, L – Test, Star excursion test, Timed walk test, RPE Borg Scale Functional independence measures, Spinal cord independence measures, Wheel chair, Patient Satisfaction Questionnaire, Patient Satisfaction with Physical Therapy
11.	Future challenges in Physiotherapy

PROFESSIONAL PRACTICE PRACTICAL**MPT.501P****Credits: 1.5 hrs/ week**

The same curriculum of Professional Practice (MPT.501) should be covered in this course.

RESEARCH METHODOLOGY AND BIOSTATISTICS**RMB.501****Credits: 4 hrs/ week**

Sr. No	Topic
1.	Introduction to research
2.	Types of research
3.	Defining a research question
4.	1. Qualitative study designs a. Grounded theory and Phenomenological methods.
5.	Use of Delphi process
6.	Quantitative study
7.	Type I and type II bias
8.	Study design: types Case study, Case series, longitudinal cohort, Pre post design, Time series design, repeated measures design, Randomized control design
9.	Sampling design, calculating minimum sample size based on design
10.	Measurement: Properties of measurement: reliability, validity, responsiveness, MCID.
11.	Outcome measures: Use of outcome measures in rehabilitation research
12.	Research Methods: Designing methodology, Reporting results, Type I and Type II bias
13.	Communicating research.
14.	Evaluating published research: looking at the evidence
15.	Introduction to evidence based practice, evaluating evidence
16.	Asking clinical questions
17.	Translating of evidence into practice: strategies
18.	Use of clinical practice guidelines, clinical pathways, prediction rules to inform practice
19.	Descriptive Statistics and measurement variability
20.	Statistical inference
21.	Comparison of group means: T-test

22.	Analysis of variance
23.	Multiple comparison tests
24.	Non parametric tests
25.	Correlations
26.	Regression
27.	Analysis of frequencies: Chi square
28.	Statistical measure of reliability
29.	Power analysis – Determining sample size
30.	Epidemiological Measures – Rate, Ratio, Proportion, Incidence and prevalence, Relative risk, Risk ratio, Odds ratio
31.	Definition and kinds of scientific documents – Research paper, Review paper, Book , Reviews, Thesis, Conference and project reports (for the scientific community and for funding agencies)
32.	Publication – Role of author, Guide, Co-authors.
33.	Structure, Style and contents; Style manuals (APA, MLA); Citation styles: Footnotes, References; Evaluation of research
34.	Significance of Report writing; Different steps in Report writing; Mechanics and precautions of writing research reports Oral and poster presentation of research papers in conferences/symposia; Preparation of abstracts
35.	Structure of Thesis and Content – Preparing Abstracts
36.	SCIENTIFIC CONDUCT <ol style="list-style-type: none"> 1. Ethics with respect to science and research 2. Scientific misconducts: Falsification, Fabrication, and Plagiarism (FFP) 3. Redundant publications: duplicate and overlapping publications, salami slicing 4. Selective reporting and misrepresentation of data
37.	PUBLICATION ETHICS <ol style="list-style-type: none"> 1. Publication ethics: definition, introduction and importance 2. Best practices/ standards setting initiatives and guidelines: COPE, WAME, etc. 3. Conflicts of interest 4. Publication misconduct: definition, concept, problems that lead to and vice versa, types 5. Violation of publication ethics, authorship and contributorship

HUMAN VALUES AND ETHICS

HVE.501

Unit No.	Content
1.	Introduction to Value Education: Understanding the need, basic guidelines, content and process for Value Education, Self-exploration—its content and process; 'Natural Acceptance' and Experiential Validation—as the mechanism for self exploration.
2.	Continuous Happiness and Prosperity: A look at basic human aspirations, Right understanding, Relationship and Physical Facilities — the basic requirements for fulfillment of aspirations of every human being, Understanding Happiness and Prosperity come — A critical appraisal of the current scenario, Method to fulfill the above human aspirations: Understanding and living in harmony at various levels
3.	Harmony in the Human Being: Understanding human being as a coexistence of the sentient 'I' and the material 'Body', Understanding the needs of Self ('I') and 'Body' Sukh and Suvidha. Body as an instrument of 'I': Being the doer, seer and enjoyer, understanding the characteristics and activities of 'I' and harmony in 'I', understanding the harmony of 'I' with the Body: Sanyam and Svasthya; correct appraisal of physical needs, meaning of prosperity in detail, programs to ensure Sanyam and Svasthya
4.	Harmony in the Family and Society: Understanding harmony in the Family — the basic unit of human interaction, Understanding values in human-human relationship; meaning of Nyaya and program for its fulfillment to ensure Ubhaya —tripti; Trust; vrs-vasa) and Respect (Sammana) as the foundational values of relationship. Understanding the meaning of VI-S-vasa; Difference between intention and competence, Understanding the meaning of Sammana, Difference between respect and differentiation; the other salient values in relationship,
5.	Harmony in the society: Understanding the harmony in the society (society being an extension of family): Sarnadhana, Samriddhi, Abhaya. Sah-astirva as comprehensive Human Goals, Visualizing a universal harmonious order in society — Undivided Society (Akhand Sarnal), Universal Order (Sarvabhauma Vyavasthal- from family to

	world family.
6.	Harmony in the Nature (Existence): Understanding the harmony in the Nature, Interconnectedness and mutual fulfillment among the four orders of nature— recyclability and self-regulation in nature.
7.	Understanding Sah-astitva: Co-existence of mutually interacting units in all-pervasive space, Holistic perception of harmony at all levels of existence
8.	Implications of the Holistic Understanding — A Look at Professional Ethics : Natural acceptance of human values, Definitiveness of Ethical Human Conduct, Basis for Humanistic Education, Humanistic Constitution and Universal Human Order, Competence in Professional Ethics. Ability to utilize the professional competence for augmenting universal human order, Ability to identify the scope and characteristics of people-friendly and eco-friendly production systems, technologies and management models, Case studies of typical holistic technologies, management models and production systems.
9.	Strategy for transition <i>frori</i> the present state to Universal Human Order: (a) At the level of individual: as socially and ecologically responsible engineers, technologists and managers, (b) At the level of society as mutually enriching institutions and organizations
Session Number	Practice Sessions
PS 1.	Module 2: Introduction to Value Education: Introduce yourself in detail. What are the goals in your life? How do you set your goals in your life? How do you differentiate between right and wrong? What have been your salient achievements and shortcomings in your life? Observe and analyze them.
PS 2.	Now-a-days, there is a lot of talk about many techno-genic maladies such as energy and material resource depletion environmental pollution, global warming, ozone depletion, deforestation, soil degradation, etc. — all these seem to be man-made problems, threatening the survival of life on Earth — What is the root cause of these maladies & what is the way out in your opinion? On the other hand, there is rapidly growing danger because of nuclear proliferation, arms race, terrorism, criminalization of politics, large scale corruption. scams, breakdown of relationships, generation gap, depression & suicidal attempts etc. - what

	do you think, is the root cause of these threats to human happiness and peace - what could be the way out in your opinion?
PS 3.	<p>1. Observe that each one of us has the faculty of 'Natural Acceptance'. based on which one can verify what is right or not right for him. (As such we are not properly trained to listen to our 'Natural Acceptance' and many a time it is also clouded by our strong pre-conditionings and sensory attractions).</p> <p>Explore the following:</p> <p>(i) What is 'Naturally Acceptable' to you in relationship—the feeling of respect r disrespect for yourself and for others?</p> <p>(ii) What is 'Naturally Acceptable' to you - to nurture or to exploit others?</p> <p>Is your living in accordance with your natural acceptance or different from it?</p> <p>2. Out of the three basic requirements for fulfillment of your aspirations- right understanding, relationship and physical facilities- observe how the problems in your family are related to each. Also observe how much time & effort you devote for each in your daily routine.</p>
PS 4.	<p>Module 2: Harmony in the Human Being: List down all your important desires. Observe whether the desire is related to Self ('I') or the Body. If it appears to be related to both, visualize which part of it is related to Self ('I') and which part is related to Body.</p>
PS 5.	<p>1. (a) Observe that any physical facility' you use, follows the given sequence with time: Necessary and tasteful unnecessary but still tasteful unnecessary and tasteless —> intolerable</p> <p>(b) In contrast, observe that any feeling in you is either naturally acceptable or not acceptable at all. If naturally acceptable, you want it continuously and if not acceptable, you do not want it any moment</p> <p>2. List down all your important activities. Observe whether the activity is of 'I', or of Body or with the participation of both 'I' and Body</p> <p>3. Observe the activities within 'I'. Identify the object of your attention for different moments (over a period of say 5 to 10 minutes) and draw a line diagram connecting these points. Try to observe the link between any two nodes</p>
PS 6	<p>1. Chalk out some programs towards -insuring your harmony with the body - in terms of nurturing, protection and right utilisation of the body.</p>

	2. Find out the plants and shrubs growing in and around your campus, which can be useful in curing common diseases.
PS 7	<p>Module 3: Harmony in the Family and Society</p> <p>Form small groups in the class and make them carry out a dialogue focusing on the following eight questions related to 'TRUST':</p> <p>1a. Do I want to make myself happy?</p> <p>2a. Do I want to make the other happy?</p> <p>3a. Does the other want to make himself/herself happy?</p> <p>4a. Does the other want to make me happy?</p> <p>What is the answer?</p> <p>Intention (Natural Acceptance)</p> <p>1b. Am I able to always make myself happy?</p> <p>2b. Am I able to always make the other happy?</p> <p>3b. Is the other able to always make himself/herself happy?</p> <p>4b. Is the other able to always make me happy?</p> <p>What is the answer?</p> <p>Competence</p> <p>Let each student answer the questions for himself and everyone else. Discuss the difference between intention and competence. Observe whether you evaluate yourself and others on the basis of intention/ competence.</p>
PS 8.	<p>1. Observe, on how many occasions, you are able to respect your related ones (by doing the right evaluation) and on how many occasions you are disrespecting by way of under-evaluation, over-evaluation or otherwise evaluation.</p> <p>2. Also, observe whether your feeling of respect is based on treating the other as you would treat yourself or on differentiations based on body, physical facilities or beliefs.</p>
PS 9.	<p>1. Write a narration in the form of a story, poem, skit or essay to clarify a salient Human Value to the children.</p> <p>2. Recollect and narrate an incident in your life where you were able to exhibit willful adherence to values in a difficult situation.</p>
PS 10.	<p>Module 4: Harmony in the Nature (Existence)</p> <p>List down some common units (things) of Nature which you come across in your</p>

	daily life and classify them in the four orders of Nature. Analysis and explain the aspect of mutual fulfillment of each unit with other orders.
PS 11.	Make a chart to show the whole existence as co-existence. With the help of this chart try to identify the role and the scope of some of the courses of your study. Also indicate the areas which are being either over-emphasized or ignored in the present context.
PS 12.	Module 5: Implications of the Holistic Understanding — a Look at Professional Ethics: Identify any two important problems being faced by the society today and analyze the root cause of these problems. Can these be solved on the basis of natural acceptance of human values. If so, how should one proceed in this direction from the present situation?
PS 13.	Suggest ways in which you can use your knowledge of Science/Technology/Management etc. for moving towards a universal human order. Propose a broad outline for Humanistic Constitution at the level of Nation.
PS 14.	<p>The course is going to be over now. It is time to evaluate what difference in your thinking has it made. Summarize the core message of this course grasped by you. How has this affected you in terms of;</p> <ol style="list-style-type: none"> Thought Behavior Work and Realization <p>What practical steps are you able to visualize for the transition of the society from its present state.</p>

MPT 2ND SEMESTER

SEMESTER – II				
CORE COURSES		Credit Hours		Contact Hours
Course Code	Course Title	Theory	Practical	
MPT.502	Exercise Physiology and Nutrition	2		2
MPT.502P	Exercise Physiology and Nutrition Practical		1.5	3
MPT.503	Biomechanics and Kinesiology	3		3
MPT.503P	Biomechanics and Kinesiology Practical		1.5	3
MPT.599	Seminars	2		2
MPT.532	Clinical Case Presentations	1 (NC)		1(NC)
MPT.542	Journal Club	1(NC)		1(NC)
MPT.552P	Classroom Teaching	2(NC)		2(NC)
MPT.572P	Clinical Training		7.5(NC)	15(NC)
MPT.600	Dissertation Work		3.5(NC)	7(NC)
Elective Courses (Choose Any One)				
EVS.501	Principles of Environment studies	3	-	3
ERG.501	Ergonomics	2	-	2
DIS.501	Disability Diseases	2	-	2
Total for Semester II		11	14	39
Total Credit Hours of Semester II		25		

EXERCISE PHYSIOLOGY & NUTRITION

(MPT 502) Credit hr 2

UNIT – 1	Introduction to Exercise Physiology
UNIT – 2	Nutrition and Energy Transfer <ul style="list-style-type: none"> • Macronutrients and food energy: Carbohydrates, lipids and protein • Micronutrients and Water: Vitamins & Supplements, Minerals and Water • Fundamentals of Human energy transfer, Human energy transfer during exercise • Measurement of Human energy expenditure, Energy expenditure during rest and physical activity • Evaluating Energy – Generating capacities during exercise, Optimal Nutrition for exercise and sport, Carbohydrate loading and various methods of dieting
UNIT – 3	The Pulmonary System and Exercise <ul style="list-style-type: none"> • Anatomy of Ventilation, Lung volumes and capacities, Pulmonary Ventilation • Second Wind, Gasses exchange in the body, O₂ and CO₂ transport , Ventilatory control • Ventilatory control in exercise, Pulmonary Ventilation and energy demands, Breath holding, high pressure ventilation, SCUBA diving and athlete lungs

UNIT – 4	The Cardiovascular system and exercise <ul style="list-style-type: none"> • Components of Cardiovascular system, Blood Pressure, Hearts Blood Supply, Heart Rate regulation, Blood distribution, Integrated response in exercise, Cardiac Output • Resting cardiac Output, Stroke Volume and Heart Rate, Exercise Cardiac Output, Stroke Volume and Heart Rate • Cardiac Output distribution and Cardiac Output and Oxygen transport extraction of Oxygen: The A-V oxygen difference • Cardiovascular adjustments to upper body exercise and athlete's Heart
UNIT – 5	The Neuromuscular System and Exercise <ul style="list-style-type: none"> • Neuromotor system organization • Motor Unit Physiology • Proprioception in muscles, joints and tendons • Muscle: Gross and ultra structure and muscle fiber types
UNIT – 6	Hormones, Exercise and Training <ul style="list-style-type: none"> • Endocrine system overview • Endocrine system organization, resting and exercise induces various endocrine secretions • Endurance and resistance training and endocrine functions
	APPLIED EXERCISE PHYSIOLOGY
UNIT – 7	Training the Anaerobic and aerobic Energy System <ul style="list-style-type: none"> • General Training Principles • Anaerobic and Aerobic Training • Factors that affect aerobic conditioning • Adaptations to Exercise training • Formulating an Aerobic training program
UNIT – 8	Training Muscles to become stronger <ul style="list-style-type: none"> • Foundations of Muscle strength • Measurement of Muscle strength • Training Muscles to become stronger • Sex differences in muscle strength • system of resistance training

	<ul style="list-style-type: none"> • Neural muscular bone & connective tissue adaptations to muscle training • Cardiovascular and body composition adaptations to muscle training.
UNIT – 9	Environment and Exercise <ul style="list-style-type: none"> • Factors affecting Physiological function, energy transfer and exercise • Mechanism of thermoregulation • Thermoregulation and environment stress during exercise • Exercise and attitude
UNIT – 10	Ergogenic Aids <ul style="list-style-type: none"> • Pharmacologic and Nutritional Agents • Physiologic agents
UNIT – 11	Optimizing body composition, aging and health related exercise benefits <ul style="list-style-type: none"> • Body composition: components assessment and Human variability • Obesity, exercise and weight control • Exercise, aging and cardiovascular health

EXERCISE PHYSIOLOGY & NUTRITION PRACTICAL

(MPT 502P) Credit 1.5hr

The same curriculum of Exercise Physiology & Nutrition (MPT.502) should be covered in this course.

BIOMECHANICS & KINESIOLOGY**MPT.503****Credits- 3 hrs/week**

Sr. No	Topic
1.	Biomechanics of Tissues and structures of the musculoskeletal system and clinical application.
2.	<p>Normal and applied Biomechanics of Spine</p> <p>Biomechanics of the vertebral column</p> <ul style="list-style-type: none"> a. General structure and function b. Regional structure and function – Cervical region, thoracic region, lumbar region, sacral region c. Muscles of the vertebral column d. General effects of injury and aging
3.	<p>Normal and applied Biomechanics of Upper extremity</p> <ul style="list-style-type: none"> a. The shoulder complex: Structure and components of the shoulder complex and their integrated function b. The elbow complex: Structure and function of the elbow joint – humeroulnar and humeroradial articulations, superior and inferior radioulnar joints; mobility and stability of the elbow complex; the effects of immobilization and injury. c. The wrist and hand complex: Structural components and functions of the wrist complex; structure of the hand complex; functional position of the wrist and hand.
4.	<p>Normal and applied Biomechanics of Lower extremity.</p> <ul style="list-style-type: none"> a) The hip complex: structure and function of the hip joint; hip joint pathology-arthrosis, fracture, bony abnormalities of the femur:

	<p>b) The knee complex: structure and function of the knee joint – tibiofemoral joint and patellofemoral joint; effects of injury and disease.</p> <p>c) The ankle and foot complex.: structure and function of the ankle joint, subtalar joint, talocalcaneonavicular joint, transverse tarsal joint, tarsometatarsal joints, metatarsophalangeal joints, interphalangeal joints, structure and function of the plantar arches, muscles of the ankle and foot, deviations from normal structure and function – Pes Planus and Pes Cavus</p>
5.	<p>Clinical kinesiology of posture.</p> <p>Static and dynamic posture, postural control, kinetics and kinematics of posture, ideal posture analysis of posture, effects of posture on age, pregnancy, occupation and recreation</p>
6.	<p>Biomechanics and Patho-mechanics of respiration, circulation, hand function and gait.</p> <p>a) general features of gait, gait initiation, kinematics and kinetics of gait, energy requirements, kinematics and kinetics of the trunk and upper extremities in relation to gait, stair case climbing and running, effects of age, gender, assistive devices, disease, muscle weakness, paralysis, asymmetries of the lower extremities, injuries and mal-alignments in gait; Movement Analysis: ADL activities like sitting – to standing, lifting, various grips , pinches.</p>
7.	<p>Basic Concepts in Biomechanics: Kinematics and Kinetics</p> <p>Types of Motion, Location of Motion , Direction of Motion, Magnitude of Motion, Definition of Forces, Force of Gravity, Reaction forces, Equilibrium, Objects in Motion, Force of friction, Concurrent force systems, Parallel force system, Work, Moment arm of force, Force components, Equilibrium of levers</p>
8.	Methods of kinetics and kinematics investigation
9.	Patient Positioning, Body Mechanics and Transfer Techniques
10.	Ergonomic Approach to lifting and handling, workspace and Environment
11.	<p>Biomechanics of the Thorax and Chest wall -</p> <p>a) General structure and function</p> <p>b) Rib cage and the muscles associated with the rib cage</p> <p>c) Ventilatory motions: its coordination and integration</p> <p>d) Developmental aspects of structure and function</p> <p>e) Changes in normal structure and function I relation to pregnancy, scoliosis and COPD</p>
12.	<p>The Temporomandibular Joint-</p> <p>General features, structure, function and dysfunction</p>

BIOMECHANICS & KINESIOLOGY PRACTICAL**MPT.503P****Credits- 1.5hrs/ week**

The same curriculum of Biomechanics & Kinesiology (MPT.503) should be covered in this course.

ENVIRONMENT STUDIES**EVS.501****Credits- 3 hrs/week**

Unit No.	Content
1.	Introduction to ecology and environment Definition, scope and importance of environment and environmental science. Structure of Environment – layers of atmosphere, hydrosphere – water budget, groundwater and ocean, lithosphere – soil formation and profile. Concept of ecology and ecosystem; types of ecosystem (Forest, pond, lakes, river, desert and grass land); energy flow of ecosystem; food chain and food web; ecological pyramids and succession
2.	Natural resources Forest resources–uses and exploitation, deforestation and conservation; Renewable, Nonrenewable and alternate energy resources; Mineral resources - Use and exploitation, environmental effects of extracting and using mineral resources; water resources–uses and exploitation; Human resources and food resources; Bioresources–biodiversity value, threats and conservation, hot spots of biodiversity and endangered species, red data book; soil erosion and desertification.
3.	Environmental pollution Air, water, soil and noise – sources, effects and consequences; marine and thermal pollution; Greenhouse effect, acid rain, ozone depletion, nuclear winter, photochemical

	<p>smog, London smog</p> <p>Solid waste management—sources of waste generation, collection, segregation and disposal. Waste hierarchy and Integrated solid waste management</p> <p>Pollution control methods—sewage treatment plant, water treatment plant, air pollution control methods</p>
4.	<p>Natural disasters</p> <p>Earthquakes, floods, tsunamis, cyclones, droughts, landslides and tsunamis</p>
5.	<p>Environmental laws, conventions and protocols</p> <p>Water (Prevention and control of Pollution) act; Air (Prevention and Control of Pollution) Act; Environment Protection Act; Forest Conservation act; Kyoto protocol, Montreal protocol, Stockholm convention, Rio summit 1992 and convention on biodiversity, Cartagena protocol, IPCC.</p>
6.	<p>Social issues and the environment</p> <p>Rain water harvesting; wasteland reclamation; environmental ethics; sustainable development; population growth, industrialization, urbanization, family, child and women welfare programmes, human health and environment; Role of Information Technology in Environment; value education; sustainable development</p>
7.	<p>Field work</p> <p>Visit to local polluted site, biogas plant, waste management site, wastewater treatment plant, wildlife sanctuary; Study of simple ecosystems-pond, river etc.</p>

Suggested Books:

Sr. No.	Authors/ Name of Books/Publisher
1.	Rana, S. V. S. Essentials of Ecology and Environmental Science Edition: Fifth edition.
2.	S. P. Mishra and S. N. Pandey (2008) Essential Environmental Studies, First edition, CRC press.
3.	Andrew Friedland, Rick Relyea, David Courard-hauri and Ross Jones (2012) Essentials of Environmental Science. Freeman Publishers.
4.	Kamaraj. P & Arthanareeswari. M (2010) Environmental Science – Challenges and Changes”, 4 th Edition, Sudhandhira Publications.

5.	R. Jeyalakshmi, (2008) 'Principles of environmental science, Devi publications, 2nd ed.
6.	Kurian Joseph, R. Nagendran, (2005) 'Essentials of Environmental Studies', Pearson Education, 2nd edition.
7.	P. Anandan (2009) Environmental Science and Engineering, Scitech Publishers.
8.	Helen P. Kavitha (2008) Principles of Environmental Science, Science tech Publications, 2nd Edition.
9.	De A. K. (1996) 'Environmental Chemistry, New Age International, New Delhi.
10.	Vasudevan N. (2006) Essentials of Environmental Science 1st Edition, Alpha Science International Ltd.
11.	William Cunningham and Mary Cunningham Environmental Science: A Global Concern.
12.	P. R. Trivedi (2004) Environmental Pollution and Control, APH Publishing Corporation.
13.	Rajagopalan (2015) Environmental Studies: From Crisis to Cure 3rd edition, OUP India Publishers.

ERGONOMICS

Teaching Hours: 60 (2 hours / week)

Basic course content

Overview of ergonomics and design relevancies; Man – the prime system component; Man-machine- environment interaction system and user- friendly design practice; Human compatibility, comfort and adaptability; Fundamentals of ergonomics; Physical (anthropometrics), Physiological (work physiology) and Psychological aspects (behavior, cognitive aspects and mental workload); Information processing, human error and risk perception; Visual performance and visual displays; environmental factors influencing human performance; Occupational stress; safety and health issues; Ergonomics criteria/ check while designing; Design process involving ergonomics check and ergonomic design evaluation and Participatory ergonomics aspects.

Section I: Introducing Ergonomics, Welcome and content details

Welcome and content details: Syllabus

1. Design today-Human aid to lifestyle

Section II: Discipline approach: Ergonomics/Human factors

Journey, Fitting task to man their contractual structure

1. Domain, Philosophy and Objective
2. Mutual task comfort: two way dialogue, communication model
3. Ergonomics/human Factors fundamentals
4. Physiology(work physiology) and stress

Section III: Human physical dimension concern

Human body-structure and function, anthropometrics

1. Anthropometry: body growth and somatotypes
2. Static and dynamic anthropometry ,Stand Posture- erect
3. Anthropometry landmark: Sitting posture

4. Anthropometry: squatting and cross- legged postures
5. Anthropometric measuring techniques
6. Statistical treatment of data and percentile calculations

Section IV: Posture and movement

1. Human body- structure and function
2. Posture and job relation
3. Posture and body supportive devices
4. Chair characteristics
5. Vertical work surface
6. Horizontal work surface
7. Movement
8. Work Counter

Section V: Behaviour and perception

Communication and cognitive issues

1. Psycho-social behavior aspects, behavior and stereotype
2. Information processing and perception
3. Cognitive aspects and mental work load
4. Human error and risk perception

Section VI: Visual Issues

Visual performance

1. Visual displays

Section VII: Environments Factors

Environmental factors influencing human performance

Section VIII: Ergonomic design process

Ergonomics design methodology

1. Ergonomics criteria/check while designing
2. Design process involving ergonomics check
3. Some checklists for task easiness

Section IX: Performance support and design interventions

Occupational safety and stress at work place in view to reduce the potential fatigue, errors, discomforts and unsafe acts

1. Workstation design
2. Furniture support
3. Vertical arm reach and design application possibility
4. Humanizing design: Design and human compatibility, comfort and adaptability aspects

Section X: Design Ergonomics in India: scope for exploration

Concluding session: Design Ergonomics in India: scope for exploration

Books suggested :

1. Bridger,RS: Introduction to Ergonomics, 2nd Edition, Taylor & Francis, 2003.
2. Dul, J. and Weerdmeester, B. Ergonomics for beginners, a quick reference guide, Taylor & Francis, 1993.
3. Green, W.S. and Jordan, P. W, Human Factors in Product Design, Taylor & Francis, 1999.
4. D.Chakrabarti, Indian Anthropometric Dimensions for ergonomic design practice, National Institute of Design, Ahmedabad, 1997.
5. G. Salvendy (edit), Handbook of Human Factors and ergonomics, John Wiley & Sons, Inc., 1998.
6. Singh, S(Edt), Ergonomics Interventions for Health and Productivity, Himanshu Publications, Udaipur, New Delhi, 2007.

DISABILITY DISEASES

Credit Point - 02

1. Clinician (Medical Knowledge+Patient Care)

Who understands and provides preventive promotive, curative, palliative and holistic care with dignity and compassion (Can be equated with ACGME competency of Medical knowledge and Patient care). Art IMG should be able to:

- 1.1.Describe disability as per United Nations Convention on the Rights of Persons with Disabilities while demonstrating acceptance of and respect for the differences and capacities of persons with disabilities as part of human diversity and humanity
- 1.2.Understand the human rights model of disability and compare and contrast it with medical and social model of disability
- 1.3.Provide for and encourage genetic testing and counseling for families, where there may be suspected genetically related disability issues.
- 1.4.Make an early diagnosis and suggest methods to prevent the common disabilities present the community, using a lifecycle approach
- 1.5.Identify the additional healthcare needs of a patient with disability including sexual and reproductive health needs
- 1.6.Demonstrate awareness of the range of assistive devices counsel them to choose the appropriate one.
- 1.7.Assess and document disability on a functional basis

1.8.1.8 Interpret and critically analyze a disability certificate.

1.9. Discuss long term management of the common disabilities in the community

2. Leader and Member of the health care team and system

With capabilities to collect, analyze, synthesize and communicate health data appropriately (Can be equated with ACGME competency of Systems based Practice):

2.1 Promote patient-centered, supported decision-making approach involving family members in delivering effective healthcare to patients with disabilities.

2.2 Build an understanding of the concept and practical application of reasonable accommodation in healthcare, both in in-patient and in out-patient departments.

2.3 Engage healthcare staff and all members of an interprofessional team to collaborate towards multidisciplinary assessment and management of patients with disabilities to provide disability-inclusive compassionate care

2.4 Advocate social inclusion by raising awareness of the human rights of persons with disabilities through training and the promulgation of ethical standards for public and private health care

3. Communicator

With patients: families, colleagues and community. (Can be equated with ACGME competency of Interpersonal and Communication Skills)

3.1 Demonstrate the use of verbal and non-verbal empathetic communication techniques while communicating with patients with disabilities and their caregivers in a manner acceptable to the specific disability culture

3.2 Assess capacity of a patient with disability to give informed consent and demonstrate the ability to take an informed consent from a patient with disability.

3.3 Explain the need for referral and the referral procedure to a patient with disability.

3.4 Check understanding of the medical advice related to treatment, prognosis, follow-up, and/or referral given to patients with disabilities
3.5 Provide health education to the patients with disabilities, their caregivers, their families, and at the community level in a culturally appropriate manner.

4. Lifelong learner

Committed to continuous improvement of skills and knowledge (Can be equated with ACGME competency of Practice based learning & improvement).

- 4.1 Demonstrate awareness of the disabilities included in the Rights of Persons with Disabilities Act, 2016 and keep abreast of updates.
- 4.2 Demonstrate an understanding of accessible healthcare setting for patients with disabilities, including universal design to ensure physical accessibility, and accessible formats of information and communication.
- 4.3 Demonstrate familiarity with government run programs, schemes, legislation and legal services available for persons with disabilities, and keep abreast of updates,
- 4.4 Demonstrate awareness of rights-based and disabled people's organizations in the community.
- 4.5 Encourage research on disabling conditions, their prevalence, and their management, so as to add to the body of knowledge on the issue.

5. Professional

Who is committed to excellence, is ethical, responsive and accountable to patients. community and profession (Can be equated with ACGME competency of Professionalism).

- 5.1 Demonstrate respect for inherent dignity and autonomy of patients with disabilities, and their caregivers
- 5.2 Demonstrate commitment to give priority to patients or caregivers with disabilities in outpatient departments of health facilities
- 5.3 Demonstrate a non-discriminatory behavior towards patients or caregivers with disabilities and a commitment to provide to them care of the same quality as to others.
- 5.4 Demonstrate integrity in treating patients with disabilities who are vulnerable to physical. Mental, sexual, social and financial exploitation.

MPT

3rd

SEMESTER

SEMESTER – III				
CORE COURSES		Credit Hours		Contact Hours
Course Code	Course Title	Theory	Practical	
MPT.504	Advanced Physiotherapeutic	2		2
MPT.504P	Advanced Physiotherapeutic Practical		2	4
MPT.505	Physiotherapy Diagnosis and Clinical Decision Making	1		1
MPT.505P	Physiotherapy Diagnosis and Clinical Decision Making Practical		1	2
MPT.506	Electrophysiology and Electro Diagnosis	3		3
MPT.506P	Electrophysiology and Electro Diagnosis Practical		1	2
MPT.599	Seminars	2		2
MPT.533	Clinical Case Presentations	1(NC)		1(NC)
MPT.543	Journal Club	1(NC)		1(NC)
MPT.553P	Classroom Teaching	2(NC)		2(NC)
MPT.573P	Clinical Training		7.5(NC)	15(NC)
MPT.600	Dissertation Work		3.5(NC)	7(NC)
Total for Semester III		12	15	42
Total Credit Hours of Semester III		27		

ADVANCED PHYSIOTHERAPEUTIC**MPT.504****Credits: 2hrs/ week**

1.	Pain (Neurobiology, various theories, modulation and management of pain.
2.	Maternal and child care in general Physiotherapy.
3.	Theories of motor control and motor learning.
4.	Theories of aging.
5.	Cardiopulmonary medications and their effect on activity performance.
6.	Exercise planning and prescription.
7.	Use of Exercise therapy techniques and application on various types of cases.
8.	Ergonomic aspects of exercise on oxygen, energy consumption MET value of various exercises and activity.
9.	Effect of aerobic, anaerobic as well as Isometric and Isokinetic exercises on cardiac function.
10.	Physiotherapy in psychiatric conditions.
11.	Therapeutic and Sports Massage.
12.	Principles of Neurological approaches

13.	General Guidelines to be followed in Cardiac Rehabilitation, Pulmonary Rehabilitation, Burns Rehabilitation and Cancer Rehabilitation Protocol.
14.	CPR, monitoring systems and defibrillators and artificial respirators
15.	Physiotherapy in common conditions of skin.
16.	Physiotherapy following Plastic Surgery
17.	Physiotherapy following Obstetric and Gynecological Disorders
18.	Manual therapy – different schools of thought
19.	Soft tissue manipulations, neural mobilization, acupressure.(Cyriax, Butler, McKenzie)
20.	Myofascial Release technique and Muscle Energy technique
21.	Pilates-school of thought, Chiropractic school of thought, Osteopathic school of thought
22.	Joint mobilization & manipulation – peripheral joints and vertebral joints. (Maitlands, Mulligan, Keltonborn)
23.	Neuromuscular Taping Techniques
24.	Community based rehabilitation in musculoskeletal disorders
25.	Recent Advances in Musculoskeletal Disorders and Sports Physiotherapy.
26.	Positional Release Technique
27.	Proprioceptive Neuromuscular Facilitation

1.	Clinical examination in general and detection of movement dysfunction
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**PHYSIOTHERAPY DIAGNOSIS AND CLINICAL DECISION MAKING
MPT.505**

Credits: 1hr/week

2.	Principles of pathological investigations and imaging techniques related to neuromuscular, skeletal and cardiopulmonary disorders with interpretation
3.	Developmental screening, motor learning –motor control assessment.
4.	Anthropometric measurements
5.	Physical fitness assessment by Range of motion, Muscle strength, endurance and skills, Body consumption, Fitness test for sports.
6.	Evaluation Methods, Special tests and Scales used in Musculoskeletal, Neurological and Cardiopulmonary disorders.
7.	Biophysical measurements, physiotherapy modalities, techniques and approaches.
8.	Evaluation of aging.
9.	Aids and appliances, adaptive functional devices to improve movement dysfunction
10.	Pulmonary function tests and Spirometry.
11.	Physical disability evaluation and disability diagnosis
12.	Gait analysis and diagnosis
13.	Clinical decision making in electrotherapeutics

**PHYSIOTHERAPY DIAGNOSIS AND CLINICAL DECISION MAKING
PRACTICAL
MPT.505P
Credits: 1 hrs/ Week**

1.	Introduction to Screening For Referral In Physiotherapy b. Reasons to Screen c. Screenings and Surveillance
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	<ul style="list-style-type: none"> d. Diagnosis by the Physiotherapist e. Differential Diagnosis Versus Screening f. Direct Access g. Decision-Making Process Case Examples and Case Studies.
2.	Introduction to the interviewing process <ul style="list-style-type: none"> a. Concepts in Communication b. Cultural Competence c. The Screening Interview d. Subjective Examination e. Core Interview f. Hospital Inpatient Information
3.	Overview of the physiology of pain and systemic causes of pain <ul style="list-style-type: none"> a. Mechanisms of Referred Visceral Pain b. Multisegmental Innervations c. Assessment of Pain and Symptoms d. Sources of Pain e. Types of Pain f. Comparison of Systemic Versus Musculoskeletal Pain g. Patterns h. Characteristics of Viscerogenic Pain, i. Screening for Emotional and Psychologic Overlay j. Screening for Systemic Versus Psychogenic Symptoms
4.	Physical assessment as a screening tool <ul style="list-style-type: none"> a. General Survey b. Techniques of Physical Examination c. Integumentary Screening Examination d. Nail Bed Assessment e. Lymph Node Palpation f. Musculoskeletal Screening Examination g. Neurologic Screening Examination h. Regional Screening Examination i. Systems Review
5.	Screening for hematologic disease <ul style="list-style-type: none"> a. Signs and Symptoms of Hematologic Disorders b. Classification of Blood Disorders
6.	Screening for cardiovascular disease <ul style="list-style-type: none"> a. Signs and Symptoms of b. Cardiac Pathophysiology c. Cardiovascular Disorders d. Laboratory Values.
7.	Screening for pulmonary disease <ul style="list-style-type: none"> a. Signs and Symptoms of Pulmonary Disorders

	<ul style="list-style-type: none"> b. Inflammatory/Infectious Disease c. Genetic Disease of the Lung d. Occupational Lung Diseases e. Pleuropulmonary Disorders
8.	Screening for gastrointestinal disease <ul style="list-style-type: none"> a. Signs and Symptoms of Gastrointestinal Disorders b. Gastrointestinal Disorders
9.	Screening for hepatic and biliary disease <ul style="list-style-type: none"> a. Hepatic and Biliary Signs and Symptoms b. Hepatic and Biliary Pathophysiology c. Gallbladder and Duct Diseases
10.	Screening for urogenital disease <ul style="list-style-type: none"> a. Signs and Symptoms of Renal and Urological Disorders, b. The Urinary Tract c. Renal and Urological Pain d. Renal and Urinary Tract Problems
11.	Screening for endocrine and metabolic disease <ul style="list-style-type: none"> a. Associated Neuromuscular and Musculoskeletal Signs and Symptoms b. Endocrine Pathophysiology c. Introduction to Metabolism
12.	Screening for immunologic disease <ul style="list-style-type: none"> a. Using the Screening Model b. Immune System Pathophysiology c. Physician Referral
13.	Screening for Cancer <ul style="list-style-type: none"> a. Cancer Statistics b. Risk Factor Assessment c. Cancer Prevention d. Major Types of Cancer e. Metastases f. Clinical Manifestations of Malignancy g. Oncologic Pain h. Side Effects of Cancer Treatment i. Cancers of the Musculoskeletal System j. Primary Central Nervous System Tumors k. Cancers of the Blood and Lymph System
14.	Screening the head, neck, and back <ul style="list-style-type: none"> a. Using the Screening Model to Evaluate the Head, Neck, or Back, b. Location of Pain and Symptoms c. Sources of Pain and Symptoms d. Screening for Oncologic Causes of Back Pain e. Screening for Cardiac Causes of Neck and Back Pain

	<ul style="list-style-type: none"> f. Screening for Peripheral Vascular Causes of Back Pain g. Screening for Pulmonary Causes of Neck and Back Pain h. Screening for Renal and Urologic Causes of Back Pain, i. Screening for Gastrointestinal Causes of Back Pain j. Screening for Liver and Biliary Causes of Back Pain k. Screening for Gynecologic Causes of Back Pain l. Screening for Male Reproductive Causes of Back Pain m. Screening for Infectious Causes of Back Pain
15.	Screening the sacrum, sacroiliac, and pelvis <ul style="list-style-type: none"> a. The Sacrum and Sacroiliac Joint b. The Coccyx c. The Pelvis
16.	Screening the lower quadrant: buttock, hip, groin, thigh, and leg <ul style="list-style-type: none"> a. Using the Screening Model to Evaluate the Lower Quadrant b. Trauma as a Cause of Hip, Groin, or Lower Quadrant Pain c. Screening for Systemic Causes of Sciatica d. Screening for Oncologic Causes of Lower Quadrant Pain e. Screening for Urologic Causes of Buttock, Hip, Groin, or Thigh Pain f. Screening for Male Reproductive Causes of Groin Pain g. Screening for Infectious and Inflammatory Causes of Lower Quadrant Pain h. Screening for Gastrointestinal Causes of Lower Quadrant Pain i. Screening for Vascular Causes of Lower Quadrant Pain j. Screening for Other Causes of Lower Quadrant Pain
17.	Screening the chest, breasts, and ribs <ul style="list-style-type: none"> a. Using the Screening Model to Evaluate the Chest, Breasts, or Ribs b. Screening for Oncologic Causes of Chest or Rib Pain c. Screening for Cardiovascular Causes of Chest, Breast, or Rib Pain d. Screening for Pleuropulmonary Causes of Chest, Breast, or Rib Pain e. Screening for Gastrointestinal Causes of Chest, Breast, or Rib Pain f. Screening for Breast Conditions that Cause Chest or Breast Pain g. Screening for Other Conditions as a Cause of Chest, Breast, or Rib Pain h. Screening for Musculoskeletal Causes of Chest, Breast, or Rib Pain i. Screening for Neuromuscular or Neurologic Causes of Chest, Breast, or Rib Pain
18.	Screening the shoulder and upper extremity <ul style="list-style-type: none"> a. Using the Screening Model to Evaluate Shoulder and Upper Extremity b. Screening for Pulmonary Causes of Shoulder Pain c. Screening for Cardiac Causes of Shoulder Pain d. Screening for Gastrointestinal Causes of Shoulder Pain e. Screening for Liver and Biliary Causes of Shoulder Pain f. Screening for Rheumatic Causes of Shoulder Pain

	<ul style="list-style-type: none"> g. Screening for Infectious Causes of Shoulder Pain h. Screening for Oncologic Causes of Shoulder Pain i. Screening for Gynecologic Causes of Shoulder Pain
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ELECTROPHYSIOLOGY & ELECTRO DIAGNOSIS

MPT.506

Credits: 3 hrs/ week

1.	<p>Section I: Review of Basic Electrotherapeutics.</p> <p>Basic types of current</p> <ul style="list-style-type: none"> a. Direct Current: types, physiological &therapeutic effects.
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	<p>b. Alternating Current</p> <p>Types of Current used in Therapeutics</p> <p>a. Modified D.C</p> <p>i. Faradic Current</p> <p>ii. Galvanic Current</p> <p>b. Modified A.C</p> <p>i. Sinusoidal Current</p> <p>ii. Diadynamic Current</p>
2.	HVPGS: Parameters & its uses
3.	Ionization/Iontophoresis: Techniques of Application of Iontophoresis, Indications, Selection of Current, Commonly used Ions (Drugs) for pain, hyperhydrosis, wound healing.
4.	Cathodal/Anodal galvanism
5.	Micro Current & Macro Current
6.	<p>Types of Electrical Stimulators</p> <p>a. NMES- Construction component.</p> <p>b. Neuro-muscular diagnostic stimulator- construction component.</p> <p>c. Components and working Principles</p>
7.	Principles of Application: Electrode tissue interface, Tissue Impedance, Types of Electrode, Size & Placement of Electrode – Water bath, Unipolar, Bi-polar, Electrode coupling, Current flow in tissues, Lowering of Skin Resistance
8.	<p>Nerve Muscle Physiology: Action Potential, Resting membrane potential, Propagation of Action Potential, Motor unit, synapse, Accommodation, Stimulation of Healthy Muscle, Stimulation of Denervated Muscle, Stimulation for Tissue Repair.</p> <p>a) Electrical properties of muscle and nerve.</p> <p>b) Muscles plasticity in response to electrical stimulation.</p>
9.	TENS: Define TENS, Types of TENS, Conventional TENS, Acupuncture TENS, Burst TENS, Brief & Intense TENS, Modulated TENS. Types of Electrodes & Placement of Electrodes, Dosage parameters, Physiological & Therapeutic effects, Indications & Contraindications.

10.	Application of electrotherapy techniques on patients, monitoring of dosages and winding up procedure.
11.	FG Test
12.	SD Curve: Methods of Plotting SD Curve, Apparatus selection, Characters of Normally innervated Muscle, Characters of Partially Denervated Muscle, Characters of Completely denervated Muscle, Chronaxie & Rheobase.
13.	Interferential Therapy: Define IFT, Principle of Production of IFT, Static Interference System, Dynamic Interference system, Dosage Parameters for IFT, Electrode placement in IFT, Physiological & Therapeutic effects, Indications & Contraindications
14.	Russian Current, Rebox type Current
15.	Electro Magnetic Spectrum.
16.	SWD: Define short wave, Frequency & Wavelength of SWD, Principle of Production of SWD, Circuit diagram & Production of SWD, Methods of Heat Production by SWD treatment, Types of SWD Electrode, Placement & Spacing of Electrodes, Tuning, Testing of SWD Apparatus, Physiological & Therapeutic effects, Indications & Contraindications, Dangers, Dosage parameters.
17.	Pulsed Electro Magnetic Energy: Principles, Production & Parameters of PEME, Uses of PEME.
18.	Micro Wave Diathermy: Define Microwave, Wave length & Frequency, Production of MW, Applicators, Dosage Parameters, Physiological & Therapeutic effects, Indications & Contraindications, Dangers of MWD
19.	Ultrasound: Define Ultrasound, Frequency, Piezo Electric effects: Direct, Reverse, Production of US, Treatment Dosage parameters: Continuous& Pulsed mode, Intensity, US Fields: Near field, Far field, Half value distance, Attenuation, Coupling Media, Thermal effects, Non-thermal effects, Principles & Application of US: Direct contact, Water bag, Water bath, Solid sterile gel pack method for wound. Uses of US, Indications & Contraindications, Dangers of Ultrasound. Phonophoresis: Define Phonophoresis, Methods of application, commonly used drugs, Uses. Dosages of US
20.	IRR: Define IRR,wavelength & parameters, Types of IR generators, Production of IR, Physiological & Therapeutic effects, Duration & frequency of treatment, Indication &

	Contraindication.
21.	UVR: Define UVR, Types of UVR, UVR generators: High pressure mercury vapour lamp, Water cooled mercury vapour lamp, Kromayer lamp, Fluorescent tube, Theraktin tunnel, PUVA apparatus. Physiological & Therapeutic effects. Sensitizers & Filters. Test dosage calculation. Calculation of E1, E2, E3, E4 doses. Indications, contraindications. Dangers. Dosages for different therapeutic effects, Distance in UVR lamp
22.	LASER: Define LASER. Types of LASER. Principles of Production. Production of LASER by various methods. Methods of application of LASER. Dosage of LASER. Physiological & Therapeutic effects of LASER. Safety precautions of LASER. Classifications of LASER. Energy density & power density
23.	<ul style="list-style-type: none"> a) Wax Therapy b) Contrast Bath: c) Moist Heat Therapy d) Cyclotherm e) Fluidotherapy f) Whirl Pool Bath g) Magnetic Stimulation h) Cryotherapy
24.	<ul style="list-style-type: none"> a) Characteristics and components of Electro therapeutic stimulation systems and Electro physiological assessment devices. b) Anatomy and physiology of peripheral nerve, muscle and neuromuscular junction. c) Electrical stimulation and its effects on various systems. d) Clinical Electro physiological testing. e) Safety considerations in electrotherapy f) Electromyography and evoked potential studies. g) Nerve Conduction Studies h) Biofeedback i) Exercise ECG testing and monitoring

ELECTROPHYSIOLOGY & ELECTRO DIAGNOSIS PRACTICAL
MPT.506P

Credits: 1.5 hrs/ week

The same curriculum of Electrophysiology & Electro Diagnosis (MPT.506) should be covered in this course.

MPT

4th

SEMESTER

SEMESTER – IV				
Elective Courses		Credit Hours		Contact Hours
Course Code	Course Title	Theory	Practical	
MPT.507	Sports Psychology	2		2
MPT.508	Sports Injuries	3		3
MPT.508P	Sports Injuries Practical		3	6
MPT.599	Seminars	2		2
MPT.534	Clinical Case Presentations	2 (NC)		2 (NC)
MPT.544	Journal Club	1 (NC)		1 (NC)

MPT.554P	Classroom Teaching	2 (NC)		2 (NC)
MPT.574P	Clinical Training		8 (NC)	16 (NC)
MPT.600	Dissertation Work		4 (NC)	8 (NC)
Total for Semester IV		12	15	42
Total Credit Hours of Semester IV		27		

SPORTS PSYCHOLOGY

MPT.507

Credits: 2 hrs/ week

Sr. No	Topic
UNIT – I	Introduction What is sport psychology? A brief history of sport psychology What is a sport psychologist For those new to psychology
UNIT - II	Personality characteristics and sporting behavior Trait theories

	<p>Research into traits and sporting behavior</p> <p>Narrow-band theories of personality</p> <p>Attentional style</p> <p>Discussion of the trait and narrow-band approaches</p> <p>Situational and interactional approaches</p>
UNIT – III	<p>Personality development and sport</p> <p>Social learning theory</p> <p>Applying social learning theory to sport</p> <p>Sources of influence on social development and sport</p> <p>Gender and sport</p> <p>Sport as an influence on social development</p> <p>The psychodynamic approach to personality development</p>
UNIT – IV	<p>Attitudes to sport</p> <p>The nature of attitudes</p> <p>Measuring attitudes</p> <p>The formation of attitudes to sport</p> <p>Attitudes to competition</p> <p>Attitudes to sport and sporting behaviour</p> <p>Changing people's attitudes to sport</p> <p>Summary and conclusions</p>
UNIT – V	<p>Aggression and sport</p> <p>Defining aggression</p> <p>The link between aggression and performance</p> <p>Theories of aggression</p> <p>Individual differences in sporting aggression</p> <p>Situational factors affecting aggression</p> <p>The reduction of aggression</p>
UNIT – VI	<p>Social factors in sporting performance</p> <p>Groups and teams</p> <p>Social facilitation</p> <p>Negative effects of team membership</p>

	Leadership
UNIT - VII	Arousal, anxiety and sporting performance Definitions of arousal, anxiety and stress Factors inducing anxiety and stress The relationship between arousal and performance The relationship between anxiety and performance Stress management
UNIT – VIII	Motivation and sport Intrinsic and extrinsic motivation Theories of motivation Self-efficacy Counterfactual thinking Pathological motivation and sport
UNIT – IX	Skill acquisition and expertise Definitions Classifying abilities Classifying skills Two linked issues: the existence of super ability and the nature–nurture debate in sport Stages of skill acquisition The information-processing approach to skills Memory Theories of motor learning Expert performance Enhancing skill and expertise: the role of practice
UNIT – X	Research methods in sport psychology Quantitative and qualitative research The experimental model The correlational method Survey methods Case studies Archival studies

	Review methods
UNIT – XI	Writing essays in sport psychology sins of essay writing Content Structure Style Conventions

SPORTS INJURIES

MPT.508

Credits: 3 hrs/ week

Sr. No	Topic
Unit – I	
1.	Role of Physiotherapist and other rehabilitation members in prevention of sports injuries
2.	Causes and Mechanism of sports injuries, Importance of correct biomechanics, warm up, stretching, taping and bracing

3.	Protective equipment, appropriate surface & training, adequate recovery, other physiotherapeutic modalities in prevention of sports injuries
4.	Training techniques used in sports – Plyometrics, Circuit training, cross training, fartlek training and agility training
Unit – II	
1.	Principle of injury evaluation: Pre session assessment, on field assessment, off field detailed clinical assessment with consideration to age groups.
Unit – III	
1.	Principle of injury management: sports emergencies, on field management, off field management and late stage management of sports injuries in detail
Unit – IV	
1.	Regional assessment and management
2.	Discuss common sports injuries, Physical examination including differential diagnosis, Physiotherapy management of Temporo-mandibular region, cervical, thoracic and abdomen
3.	Discuss common sports injuries, Physical examination including differential diagnosis, Physiotherapy management of Shoulder complex, elbow complex, wrist and hand
4.	Discuss common sports injuries, Physical examination including differential diagnosis, Physiotherapy management of Lumber region, pelvis, hip and thigh, knee, leg, foot and ankle in acute, sub acute and chronic stage
Unit – V	
1.	Common injuries and their rehabilitation in following sports Football, Basket Ball, Volley Ball, Swimming, Gymnastics, Tennis and other racquet sports, Wrestling, golf, rowing, Boxing, Bicycling, Hockey, Cricket, Kabbadi
Unit – VI	
1.	Criteria for return to play after rehabilitation of injuries including reconstructive surgeries in the above mentioned games.
Unit – VII	
1.	Discuss common surgeries in sports (region wise) and their rehabilitation protocols in detail
Unit – VIII	

1.	Practical sports Medicine: Participation screening, Medical Care of sporting team, travelling with the team, Medical coverage of endurance events Ethics and sports Medicine
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SPORTS INJURIES PRACTICAL

MPT.508P

Credits: 3 hrs/ week

The same curriculum of Sports Injuries (MPT.508) should be covered in this course.