JHARKHAND Rai University
UGC RECOGNISED UNIVERSITY
ACCREDITED BY NAAC

Lesson Plan & Tracking

Programe : BPT	**Session : 2021-2025**	**Year : 2022**	**Sem: III**
Course: (23A303) ADVANCE EXERCISE THERAPY – 1			
Name of the Faculty:Dr.Pratyush Ghosh	**Commencement Date:**		**Date of Closure:**

Lecture No.	Week	Unit	Topics to be Covered	Blended Mode			Date	Duration	Tracking of Lectures	Related Course Outcome	Signature of Faculty	Signature of HoD	Remar (if an
				ICT Tool/Platform/ LMS	Resources	Activity							
1	1	1	Joint mobilization definition, ,indications										
2		1	Joint mobilization, limitations, contraindications										
3		1	Manipulation indications,										
4		1	Manipulation limitations, contraindications										
5	2	1	Principles of Maitland										
6		1	Techniques of Maitland										
7		1	Principles of Mulligan										
8		1	Techniques of Mulligan										
9	3	1	Principles of Mckenzi										
10		1	Techniques of Mckenzi										
11		2	Definition, properties of soft tissue,										

12		2	mechanical properties of connective tissue										
13	4	2	neurophysiological properties of connective tissue,										
14		2	Mechanical properties of non-contractile tissue.										
15		2	Determinants, type and effect of stretching, precautions,										
16		2	General applications of stretching technique.										
17	5	3	Definition -strength, power, endurance. Guiding										
18		3	principle of resisted exercise, determinants, types Manual and Mechanical Resistance										
19		3	Isometric Exercise, Dynamic Exercise -										
20		3	Concentric and Eccentric,										
21	6	3	Dynamic Exercise - Constant and Variable Resistance.										
22		4	Isokinetic Exercise, Open-Chain and Closed- Chain Exercise,										
23		4	Precautions, contraindications. Progressive Resistance Exercise										
24		4	DeLormes, Oxford, MacQueen, Circuit Weight Training,										

25		4	Plyometric Training—Stretch-Shortening Drills, Isokinetic Regimens.										
26	7	4	Overview Resistive Exercise										
27		5	PNF- Principles,										
28			PNF-Diagonal patterns of movements,										
29		5	PNF-Basic procedures, Upper Extremity										
30		5	PNF-Lower Extremity Diagonal Patterns										
31	8	6	PNF – Rhythmic Initiation, Repeated Contractions,										
32		6	PNF- Reversal of Antagonists, Alternating Isometrics,.										
33		6	PNF Rhythmic Stabilization.										
34	9	6	PNF revision class										
35		7	Manual Muscle Testing,										
36		7	MMT grading										
37		7	MMT in Shoulder										
38	10	7	MMT in elbow and wrist										
39		7	MMT in Hip										
40		7	MMT in knee and lower limb										
41	11	7	MMT in spine.										