JHARKHAND Rai University
UGC RECOGNISED UNIVERSITY
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## Lesson Plan & Tracking

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| **Programe : BPT** | **Session : 2021-2025** | **Year : 2022** | **Sem: III** |
| **Course: (23A303P) ADVANCE EXERCISE THERAPY –1 Practical** | | | |
| **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 | Remarks (if any) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | ICT Tool/Platform / LMS | Resources | Activity | | | | | | | |
| 1 | 1 | 1 | General Mobilization | | | | | | | | | | |
| 2 | | 1 | General Manupulation | | | | | | | | | | |
| 3 | 2 | 1 | Maitland and Mulligan Upperlimb | | | | | | | | | | |
| 4 | | 1 | Maitland and Mulligan lower limb | | | | | | | | | | |
| 5 | 3 | 1 | Maitland and Mulligan spine | | | | | | | | | | |
| 6 | | 1 | Mackenzi concepts | | | | | | | | | | |
| 7 | 4 | 2 | General stretching concepts | | | | | | | | | | |
| 8 | | 2 | Stretchings in upperlimb | | | | | | | | | | |
| 9 | 5 | 2 | Stretchings in Lowerlimb | | | | | | | | | | |
| 10 | | 2 | Stretching in neck | | | | | | | | | | |

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| 11 | 6 | 3 | Strenghth andEndurance training | | | | | | | | | | |
| 12 | | 3 | Isometric Exercise, Dynamic Exercise | | | | | | | | | | |
| 13 | 7 | 3 | Mode of resistance exercise | | | | | | | | | | |
| 14 | | 4 | Isokinetic Exercise, Open-Chain and Closed-Chain Exercise and PRE | | | | | | | | | | |
| 15 | 8 | 5 | PNF Upperlimb | | | | | | | | | | |
| 16 | | 5 | PNF Upperlimb practice | | | | | | | | | | |
| 17 | 9 | 5 | PNF Lowerlimb | | | | | | | | | | |
| 18 | | 5 | PNF Lower Limb practice | | | | | | | | | | |
| 19 | 10 | 6 | Mode of PNF techniques | | | | | | | | | | |
| 20 | | 6 | Patterns of PNF | | | | | | | | | | |
| 21 | 11 | 7 | MMT Upperlimb | | | | | | | | | | |
| 22 | | 7 | MMT lowerlimb | | | | | | | | | | |
| 23 | 12 | 7 | MMT neck and spine | | | | | | | | | | |
| 24 | | | Revision | | | | | | | | | | |