

1ST YEAR FUNDAMENTALS OF KINESIOTHERAPY AND KINESIOLOGY

SR. NO	COURSE OUTCOME	PO1	PO2	PO3	PO4	PO5	PO6	PO7
1	Describe general concepts of kinesiotherapy.	3	1	2	3	3	2	2
2	Describe types of lever and state any example of anatomical lever.	3	1	2	2	2	2	1
3	Define pulley and its uses.	3	1	2	2	2	2	1
4	Define and classify types of movement.	3	1	2	2	3	2	2
5	Demonstrate the movement in various anatomical planes and axes.	3	1	2	3	2	2	2
6	Enumerate causes of immobility.	3	1	2	3	2	3	2
7	Describe classification of passive movements.	3	1	2	3	3	2	1
8	Describe principles of giving passive movements.	3	1	2	2	3	2	1
9	Demonstrate technique of passive movement for upper extremities.	3	1	2	2	3	2	1
10	Describe range of muscle work.	3	1	1	1	2	2	1
11	Describe role of gravity and equilibrium in movement.	3	1	1	1	1	1	1
12	Describe simple machine used in kinesiotherapy.	3	2	1	2	2	2	2
13	Describe torque.	3	1	1	1	1	1	1
14	Define goniometry and R.O.M.	3	1	1	1	3	1	1
15	Know the normal R.O.M. for all peripheral joints and spine.	3	1	1	1	2	1	1

16	Define and enumerate types of endfeel.	3	1	1	1	1	1	1
17	Identify the parts of goniometer.	3	1	1	1	2	1	1
18	Demonstrate measurement of R.O.M. for lower extremities.	3	1	1	1	2	1	1
19	Describe limitations of goniometry.	3	0	1	1	1	1	1
20	Identification and Description of suspension therapy unit.	3	1	1	1	2	2	2
21	Describe benefits and enumerate indications and contraindications for suspension therapy.	3	1	1	1	3	1	1
22	Perform to use the technique of axial and vertical suspension therapy for upper extremity and lower	3	1	1	1	3	1	1
23	Demonstrate technique of use of suspension method for assisted and resisted movement.	3	1	1	2	3	1	1
24	Define and describe the effects and uses of starting and derived position.	3	1	1	1	3	1	1
25	Describe the muscle work during each position.	3	1	1	1	2	1	1
26	Demonstrate various starting and derived position.	3	1	1	1	2	2	1
27	Describe and acquire use of various equipments and of therapeutic gymnasium.	3	1	2	1	3	2	1
28	Define and classify massage therapy.	3	1	1	1	2	1	1
29	Describe principles of massage therapy.	3	1	1	1	2	1	1
30	Describe indications and contraindication for massage therapy.	3	1	1	1	2	1	1
31	Describe physiological and therapeutic effects of massage therapy.	3	1	1	1	2	1	1
32	Demonstrate the techniques of massage manipulations on upper extremity, lower extremity,	3	1	1	1	3	2	1
33	Define Yoga and Pranayam .	3	1	2	1	2	1	1
34	Describes principles of Yoga.	3	1	1	1	2	1	1

35	Describe general and specific physiologic effects of Yoga.	3	1	1	1	2	1	1
36	Identify and perform the yogic posture.	3	1	1	1	3	1	1
37	Describe basic principles of group recreational exercises.	3	1	1	1	3	1	1
38	Describe advantages and disadvantages of group exercise.	3	1	1	1	2	2	1
39	Describe type and planning of exercise classes.	3	1	1	1	3	2	1
40	Describe the Home Exercise Program [HEP]	3	1	2	1	3	2	1
41	Define and describe principles of hydrotherapy.	3	1	1	1	2	1	1
42	Describe physiologic and therapeutic effects.	3	1	1	1	2	1	1
43	Enumerate indications and contraindications of hydrotherapy.	3	1	1	1	2	1	1
44	Describe the physical properties of water.	3	1	1	1	2	1	1
45	Define vital parameters , sensory and reflexes testing.	3	1	1	1	2	1	1
46	Demonstrate the assessment of – vital parameters, Sensory and Reflexes testing.	3	1	1	1	2	2	1
47	Demonstrate the different techniques of limb length measurement.	3	1	1	1	2	2	1
48	Demonstrate different techniques of girth measurement.	3	1	1	1	3	2	1
49	Define relaxation.	3	1	1	1	2	1	1
50	Define tone (muscle and postural)	3	1	1	1	2	1	1
51	Describe physiological basis and principles of relaxation	3	1	1	1	2	1	1
52	Perform the different techniques of Relaxation- Jacobsons, Mitchel.	3	1	1	1	3	2	1
53	Enlist the indications for relaxation.	3	1	1	1	2	1	1