

2ND YEAR KINESIOTHERAPY

Sr no.	Course Outcome	PO1	PO2	PO3	PO4	PO5	PO6	PO7
1	Describe structures and properties of connective and non-connective tissues.	3	1	1	1	2	1	1
2	Definition of stretching and enlist type of stretching.	3	1	2	2	3	2	2
3	Describe principles of stretching and enlist types of stretching.	3	1	2	2	3	2	2
4	Perform techniques of stretching for various muscle group of right upper extremity.	3	1	2	2	3	2	2
5	Describe assessment of muscle length and fascia around joint.	3	1	1	2	2	1	1
6	Define peripheral joint mobilization and its principle	3	1	1	2	2	2	1
7	Describe techniques of peripheral joint mobilization and its principles.	3	1	2	2	3	2	1
8	Enumerate causes of limitation of joint movement.	3	1	1	1	3	2	1
9	Demonstrate various glides on left shoulder joint.	3	1	1	1	3	2	1
10	describe principles of manual muscle testing.	3	1	1	1	3	2	1
11	demonstrate techniques of individual & group muscle testing for lower extremity.	3	1	1	1	3	2	1
12	define passive & active insufficiency.	3	1	1	1	3	2	1
13	describe grading of muscle with break test.	3	1	1	1	3	2	1
14	describe muscle strengthening and its principles.	3	1	1	1	3	1	1
15	Define strength, power & endurance.	3	1	1	1	3	1	1
16	enumerate causes of limitation of joint movement.	3	1	1	1	3	2	1

17	Enlist factors influencing strength of normal / Hypertrophy, Recruitment of motor unit.	3	1	1	1	3	1	1
18	Describe physiological effects of muscle strengthening.	3	1	1	1	3	1	1
19	Demonstrate techniques of progressive muscle strengthening of right lower extremity.	3	1	1	1	3	2	1
20	Define 1 RM & Dynamometry.	3	1	1	1	3	2	1
21	Describe different types of training (Isometric, Isokinetic & Isotonic).	3	1	1	1	3	2	1
22	Describe physiological & therapeutic effects of hydrotherapy.	3	1	1	1	3	2	1
23	What is Whirlpool bath & describe its techniques.	3	1	1	1	3	2	1
24	Describe types of exercises perform in whirlpool bath.	3	1	1	1	3	2	1
25	Define briefly traction & its types (Mechanical / Electrical, Continuous /Intermittent)	3	1	1	1	3	2	1
26	Enlist effects & uses of traction also enumerate indications & contraindications.	3	1	1	1	3	2	1
27	State types of traction (skin, halo) & condition in which traction is given.	3	1	1	1	3	3	1
28	Enumerate principles of home programme.	3	1	1	1	3	3	1
29	Enlist ergonomic advice for ADL's.	3	1	2	1	3	3	1
30	Enlist home based exercise programme according to different conditions.	3	1	2	1	3	2	1
31	Describe exercises given to bank workers & saw mill workers.	3	1	2	1	3	2	1
32	Enumerate indications & contraindications of hydrotherapy.	3	1	1	1	3	2	1
33	Definition of posture & describe normal human posture.	3	1	1	1	3	2	1
34	Describe difference between correct and faulty posture.	3	1	2	1	3	2	1
35	Define static & dynamic posture.	3	1	1	1	3	2	1

36	Describe analysis of posture in standing , sitting.	3	1	1	1	3	1	1
37	define kinematics & kinetics of posture and enuemrate postural variation.	3	1	1	1	3	2	1
38	Define motor control.	3	1	1	1	3	2	1
39	Describe motor strategies and balance exercises.	3	1	1	1	3	2	1
40	Demonstarate balance exercises.	3	1	1	1	3	2	1
41	Define balance & neuromuscular co-ordination.	3	1	1	1	3	2	1
42	Demonstrate frenkels exercise.	3	1	1	1	3	2	1
43	Define functional motor skills.	3	1	1	1	3	2	1
44	Describe mobililty, tranfer activites, wheel chair mobility, ambulation.	3	1	1	2	3	2	1
45	Demonstrate Mat exercises.	3	1	1	1	3	2	1
46	Describe mechanism of breathing exercises.	3	1	1	1	3	2	1
47	Define diaphragmatic, segmental breathing.	3	1	1	1	3	2	1
48	Demonstrate coughing & huffing techniques.	3	1	1	1	3	2	1
49	Perform diephragmatic, segmental & pursed-lip breathing.	3	1	1	1	3	2	1
50	Define Postural drainage & enumerate indication and contraindication.	3	1	1	1	3	2	1
51	Describe various PD positions.	3	1	1	1	3	2	1
52	Define gait cycle and deccribe its variables (temporal & distance)	3	1	1	1	3	2	1
53	Enumerate types of walikng Aids & its indications.	3	1	1	2	3	2	1

54	Identify various walking aids ; perform technique for measurement of various walking aids and various crutch gait pattern.	3	1	2	3	3	2	1
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PROGRAMME OUTCOME

PO1 = CLINICIAN

PO2 = LEADER AND MEMBER OF HEALTH CARE TEAM AND SYSTEM

PO3 = COMMUNICATOR

PO4 = LIFE LONG LEARNER

PO5 = PROFESSIONALS

PO6 = CRITICAL THINKER

PO7 = RESEARCHER