

Sai Care College of Physiotherapy, Nashik

Academic lesson plan (2026) – 3<sup>rd</sup> yr BPTH

SURGERY1

Month	Topics	Theory Hrs	Practical Hrs	Total
February				
Week 2	Anaesthesia types, Effect, indications and contraindications and common postoperative complications	01	01	02
Week 3	Haemorrhage and Shock, classification, description and treatment	01	01	02
Week 4	Water & Electrolyte imbalance	01	00	01
March				
Week 1	Inflammation – acute & chronic-signs, symptoms, complications & management	01	01	02
Week 2	Wounds & Ulcers, Cellulitis – classification, healing process, management, bandaging, Dressing solutions and its uses and debridement Procedure, hand washing and universal precautions.	01	01	02
Week 3	Enumerate Common abdominal surgical incisions – classification, indications, opening – closure, advantages and disadvantages, complications (including burst abdomen and fecal fistula), minimally invasive surgery.	01	01	02
Week 4	Mastectomy and oncosurgery– approach, complications & management	01	01	02
April		01	01	
Week 1	Amputation – types, sites, complications & management	01	01	02
Week 2	Burns – causes, complications, classification & management	01	01	02
Week 3	Varicose veins and PVD	01	01	02
Week 4	Hernias-surgery, precautions and complications	01	01	02

May				
Week 1	Transplantation approach, risk problems related to donor and recipient, precautions.	01	01	02
Week 2	i. Head Injury – management	01	01	02
Week 3	Summer Vacation			
Week 4	Summer Vacation			
June				
Week 1	Midterm			
Week 2	Intra cranial & Spinal tumors	01	00	01
Week 3	Intracranial Aneurysm and AV malformation	01	00	01
Week 4	Post operative Neurosurgical care	01	00	01
July				
Week 1	i. Tracheostomy – indications, surgical approach & management	01	01	02
Week 2	i. Surgical procedures in VII <sup>th</sup> cranial nerve palsy	01	01	01
Week 3	Vertigo	01	01	01
Week 4	<b>Ophthalmic Surgery</b> Surgeries for III <sup>rd</sup> , IV <sup>th</sup> , VI <sup>th</sup> Cranial Nerve palsy	01	01	01
August				
Week 1	a. Introduction, Cardiorespiratory resuscitation, cardiopulmonary bypass, Special investigation procedures in cardiac surgery, Basic techniques in cardiac surgery approach, incisions, Types of operation, Complications of cardiac surgery, Lines, drains and tubes. b. Brief description of indications, surgery, complications for following surgery :	01	01	02
Week 2	i. Surgeries of thorax i. Surgeries of the lung	01	01	02
Week 3	i. Surgeries of pleura and pericardium ii. Surgery for coronary artery disease	01	01	02

Week 4	i. Valvular surgeries ii. Surgery for Congenital Heart Disease	01	01	02
September				
Week 1	Peripheral arterial disorder, Burger's disease, Raeynaud's disease and Aneurysm Gangrene, Amputation,DVT	01	01	02
Week 2	Skin grafts & flaps – Types, indications with special emphasis to burns, wounds	01	01	02
Week 3	Ulcers, complications and postoperative care	01	01	02
Week 4	Tendon transfers, with special emphasis to hand, foot & facial paralysis, & repair of Flexor & Extensor Tendon Injuries	01	01	02
October				
Week 1	Keloid & Hypertrophied scar management	01	01	02
Week 2	Reconstructive surgery of peripheral nerves	01	01	02
Week 3	Micro vascular surgery- reimplantation and revascularization	01	01	02
Week 4	CLASS PRESENTATION AND REVISION			
November				
Week 1	Diwali vacation			
Week 2	Pre Final Exam			
Week 3	Preparatory Leave till exam			

**Sai Care College of Physiotherapy, Nashik**

**Academic lesson plan (2026) – 3<sup>rd</sup> yr BPTH**

**Surgery 2**

Month	Topics	Theory Hrs	Practical Hrs	Total
<b><u>February</u></b>				
<b>Week 2</b>	a. Definition, Classification, Causes, Clinical features, healing of fractures & Complications. b. Principles of general management of i. Fracture of the Upper Extremity ii. Fracture of the Lower Extremity	05	01	06
<b>Week 3</b>	iii. Fracture of the vertebral column, thorax and pelvis iv. Emergency care and first aid. a. Definition, General description, Principles of general description and management of traumatic dislocation and subluxation of common joints. i. Shoulder joint	05	01	
<b>Week 4</b>	ii. Acromioclavicular joint iii. Elbow joint a. Introduction ,Anatomy & physiology general description, grade of injury and management of injuries of i. Ligaments, Bursae, Fascia	05	01	
<b><u>March</u></b>				
<b>Week 1</b>	ii. Muscles & Tendons iii. Muscles and tendons injuries of upper and lower limb b. Cervicolumbar injuries ,Whiplash of the cervical spine	05	01	
<b>Week 2</b>	c. Crush injuries of hand & foot a. Definition ,Causes , Classification , Congenital and acquired deformities Physical and clinical and radiological features, Complications	06		
<b>Week 3</b>	b. Principles of medical and surgical management of the deformities c. General description of following deformities : i. Deformities of the spine:	05	01	

	a) Scoliosis b) Kyphosis			
<b>Week 4</b>	c) Lordosis d) Flat back e) Torticollis	05	01	
<b><u>April</u></b>				
<b>Week 1</b>	ii. Deformities of the lower limb: a) C.D.H., coxa vara , coxa valga , anteversion, Retroversion b) Genu valgum, Genu varum, Genu recurvatum, C.D.K. c) Talipes calcaneus equinus, varus & valgus d) Pes cavus, Pes planus e) Hallux valgus & varus, Hallux rigidus and hammer toe	05	01	
<b>Week 2</b>	iii. Deformities of Shoulder & Upper limb a) Sprengel's shoulder, Cubitus varus, Cubitus valgus b) Dupuytren's contracture	06		
<b>Week 3</b>	a. Osteo-orthosis/Arthritis b. Spondylosis c. Spondylolysis and listhesis	05	06	
<b>Week 4</b>	d. Pyogenic arthritis e. Rheumatoid arthritis f. Juvenile arthritis	05	01	
<b><u>May</u></b>				
<b>Week 1</b>	g. Tuberculous arthritis h. Gouty arthritis i. Haemophilic arthritis	06		
<b>Week 2</b>	j. Neuropathic arthritis k. Ankylosing spondylitis l. Psoriatic arthritis	06		
<b>Week 3</b>	Summer Vacation			
<b>Week 4</b>	Summer Vacation			
<b><u>June</u></b>				
<b>Week 1</b>	Midterm			
<b>Week 2</b>	-			
<b>Week 3</b>	-			
<b>Week 4</b>	-			

<b><u>July</u></b>				
<b>Week 1</b>	a.Osteoporosis b.Osteomalacia & Rickets a.Carpel tunnel syndrome /Entrapment nerve injuries	06		
<b>Week 2</b>	b.Compartment syndrome, Ischemic contracture c.Avascular necrosis of bone in adult and children 1.Gangrene 2.Backache /P.I.D.	06		
<b>Week 3</b>	i.Classification, Principles of general management ii. General description of benign and malignant tumours of musculoskeletal system	05	01	
<b>Week 4</b>	Fracture Revision			
<b><u>August</u></b>				
<b>Week 1</b>	DISLOCATIONS & SUBLUXATIONS Revision			
<b>Week 2</b>	Revision			
<b>Week 3</b>	SOFT TISSUE AND TRAUMATIC INJURIES Revision			
<b>Week 4</b>	Revision			
<b><u>September</u></b>				
<b>Week 1</b>	DEFORMITIES AND ANOMALIES Revision			
<b>Week 2</b>	Revision			
<b>Week 3</b>	DEGENERATIVE AND INFLAMMATORY CONDITIONS Revision			
<b>Week 4</b>	Revision			
<b><u>October</u></b>				
<b>Week 1</b>	MANAGEMENT OF METABOLIC DISORDERS Revision			
<b>Week 2</b>	GENERAL ORTHOPAEDIC DISORDERS Revision			
<b>Week 3</b>	Tumors Revision			
<b>Week 4</b>	Case presentations			
<b><u>November</u></b>				
<b>Week 1</b>	<b>Diwali vacation</b>			

<b>Week 2</b>	<b>Pre Final Exam</b>			
<b>Week 3</b>	<b>Preparatory Leave till exam</b>			

**Sai Care College of Physiotherapy, Nashik**

**Academic lesson plan (2026) – 3<sup>rd</sup> yr BPTH**

**MEDICINE 1**

Month	Topics	Theory Hrs	Practical Hrs	Total
<b><u>February</u></b>				
<b>Week 2</b>	<b>a. Cardio-Vascular Diseases</b> i. Hypertension – systemic ii. Cardiac Conditions- a) I.H.D. (Angina, Myocardial infarction) b) R.H.D. d) Cardio myopathy	01	1	02
<b>Week 3</b>	iii. Valvular Heart Disease a) Congenital b) Acquired iv. Congenital Heart Disease	01	01	02
<b>Week 4</b>	v. Investigations a) Basics of E.C.G. [ Normal & Abnormal (Ischaemia, Infarction & Arrhythmias)] b) Observation of conduction of stress test on patient c) 2D Echo (Ejection Fraction & Wall motion Abnormality)	02	01	03
<b><u>March</u></b>				
<b>Week 1</b>	<b>b. Diseases of the Respiratory System</b> i. Common Infectious diseases like Tuberculosis, Pneumonia, Lung Abscess, and Bronchiectasis.	01	01	02
<b>Week 2</b>	ii. Diseases of Pleura like Pleural Effusion, Pneumothorax, Hydropneumothorax, and Empyema.	01	01	02
<b>Week 3</b>	iii. ILD & Occupational lung diseases like Silicosis, Asbestosis, Pneumoconiosis, Brucellosis, Farmer’s Lung.	01	01	02
<b>Week 4</b>	iv. Obstructive Airway Diseases (C.O.P.D. with Cor Pulmonale, Pulmonary Hypertension, Bronchial Asthma &	01	01	02

	Cystic Fibrosis)			
<b><u>April</u></b>				
<b>Week 1</b>	v. Intensive Care Unit a) Infrastructure b) Instrumentation. c) Mechanical Ventilation (settings & monitoring) Assessment, monitoring & management of patient in I.C.U.	01	01	02
<b>Week 2</b>	vi. Basic Life Support :Introduction & Demonstration	01	01	02
<b>Week 3</b>	c) Infective Endocarditis e) Heart Failure	01	01	02
<b>Week 4</b>	vii. Investigation: Normal & Abnormal 1. Chest X-ray 2. Blood Gas Analysis PFT(Observation of conduction on patient)	01	01	02
<b><u>May</u></b>				
<b>Week 1</b>	<b>a. Cardio-Vascular Diseases { Revision}</b>	01	01	02
<b>Week 2</b>	<b>b. Diseases of the Respiratory System {Revision}</b>	01	01	02
<b>Week 3</b>	Summer Vacation			
<b>Week 4</b>	Summer Vacation			
<b><u>June</u></b>				
<b>Week 1</b>	Midterm			
<b>Week 2</b>	<b>GENERAL MEDICINE, RHEUMATOLOGY &amp; GERONTOLOGY</b>  <b>a. General Medicine</b> i. Disorders of Endocrine system (Diabetes) Introduction, pathophysiology, types, role of physical activity, complications of diabetes (autonomic neuropathy, myopathy, weakness) & medications.	01	01	02

<b>Week 3</b>	ii. Thyroid, Pituitary & Adrenal conditions Cushing's syndrome	01	01	02
<b>Week 4</b>	iii. Obesity	01	01	02
<b><u>July</u></b>				
<b>Week 1</b>	iv. Nutrition Deficiency Disease (Rickets, Vit. E, Vit. D, Vit. B , micro nutrients,(Zn, Se)	01	01	02
<b>Week 2</b>	v. Intoxication (Drug abuse; Alcohol, smoking, cocaine dependence)	01	01	02
<b>Week 3</b>	<b>b. Rheumatologically Conditions</b> i. Rheumatoid Arthritis ii. S L E	01	01	02
<b>Week 4</b>	iii. S S A iv. Gout	01	01	02
<b><u>August</u></b>				
<b>Week 1</b>	v. Polymyositis vi. Fibro myalgia vii. Ankylosing spondylitis	01	01	02
<b>Week 2</b>	<b>c. Geriatric Conditions</b> i. Aging Process (physiological changes due to aging)	01	01	02
<b>Week 3</b>	i. CVS & RS complications	0	01	02
<b>Week 4</b>	ii. Osteoporosis	01	01	02
<b><u>September</u></b>				
<b>Week 1</b>	<b>GENERAL MEDICINE, RHEUMATOLOGY &amp; GERONTOLOGY</b> {Revision}	01	01	02
<b>Week 2</b>	<b>b. Rheumatological Conditions</b> {Revision}	01	01	02
<b>Week 3</b>	<b>c. Geriatric Conditions</b> {Revision}	01	01	02
<b>Week 4</b>	-			
<b><u>October</u></b>				
<b>Week 1</b>	<b>CASE PRESENTATION</b>			
<b>Week 2</b>	<b>CASE PRESENTATION</b>			
<b>Week 3</b>	<b>CASE PRESENTATION</b>			
<b>Week 4</b>	<b>CASE PRESENTATION</b>			

<b><u>November</u></b>				
<b>Week 1</b>	<b>Diwali vacation</b>			
<b>Week 2</b>	<b>Pre Final Exam</b>			
<b>Week 3</b>	<b>Preparatory Leave till exam</b>			

**Sai Care College of Physiotherapy, Nashik**

**Academic lesson plan (2026) – 3<sup>rd</sup> Year BPTH**

**MEDICINE 2**

Month	Topics	Theory Hrs	Practical Hrs	Total
<b><u>February</u></b>				
<b>Week 2</b>	<b>NEUROLOGY</b> a. Introduction to Nervous System i. Applied anatomy ii. Applied physiology  b. Cerebro Vascular Accidents i. Thrombosis, Embolism, Haemorrhage ii. Level of Lesion & symptoms Management	02	01	03
<b>Week 3</b>	c. Extra Pyramidal lesions – Basal Ganglia i. Parkinsonism ii. Athetosis, Chorea, Dystonia  d. Differential diagnosis of muscle wasting i. Approach to neuropathies ii. Myopathies and neuromuscular junction disorders.	02	01	03
<b>Week 4</b>	e. Disorders of Anterior Horn cell with differential diagnosis of Motor Neuron Disease, S.M.A., Syringomyelia, Peroneal Muscular Atrophy, and Poliomyelitis.  f. Multiple Sclerosis	02	01	03
<b><u>March</u></b>				
<b>Week 1</b>	<b>PAEDIATRICS</b>  a. Normal intra-uterine development of foetus with special reference to Central Nervous System, Neuromuscular System, Cardiovascular Respiratory System	02	01	03
<b>Week 2</b>	b. Normal development & growth	01	01	02

<b>Week 3</b>	c. Immunization and breast-feeding	01	01	02
<b>Week 4</b>	d. Sepsis, Prematurity, Asphyxia Hyperbilirubinemia and birth injuries	01	01	02
<b><u>April</u></b>				
<b>Week 1</b>	<b>1. Introduction to Nervous System {REVISION}</b>	01	01	02
<b>Week 2</b>	<b>2. Cerebro Vascular Accidents {REVISION}</b>	01	01	02
<b>Week 3</b>	<b>3. Extra Pyramidal lesions {REVISION}</b>	01	01	02
<b>Week 4</b>	<b>4. Differential diagnosis of muscle wasting {REVISION}</b>	01	01	02
<b><u>May</u></b>				
<b>Week 1</b>	<b>CASE PRESENTATION</b>	01	01	02
<b>Week 2</b>	<b>CASE PRESENTATION</b>	01	01	02
<b>Week 3</b>	Summer Vacation			
<b>Week 4</b>	Summer Vacation			
<b><u>June</u></b>				
<b>Week 1</b>	Midterm			
<b>Week 2</b>	<b>CASE PRESENTATION</b>	01	01	02
<b>Week 3</b>	-			
<b>Week 4</b>	-			
<b><u>July</u></b>				
<b>Week 1</b>	g. Infections of the nervous system: Encephalitis, Neurosyphilis, H.I.V. infection, Herpes, Meningitis, Tabes Dorsalis  h. Tetanus  i. Epilepsy	01	01	02
<b>Week 2</b>	j. Alzheimer's Disease, Dementia	01	01	02
<b>Week 3</b>	k. Disorders of cerebellar function	01	01	02
<b>Week 4</b>	l. Disorders of cranial nerves & Special Senses	01	01	02
<b><u>August</u></b>				

<b>Week 1</b>	m. Disorders of Spinal cord i. Syndromes ii. Bladder dysfunction iii. Autonomic dysfunction	02	01	03
<b>Week 2</b>	<b>PAEDIATRICS</b> e. Cerebral Palsy- Medical Management including early intervention	01	01	02
<b>Week 3</b>	f. Developmental disorders associated with spinal cord: Spinal Dysraphism, Spina Bifida, Meningocele, Myelomeningocele, hydrocephalus	02	01	03
<b>Week 4</b>	g. Common infections a) C.N.S.& Peripheral Nervous System b) Typhoid, Rubella, Mumps, Measles, Diphtheria, Chicken gunia, Malaria	01	01	02
<b><u>September</u></b>				
<b>Week 1</b>	h. Epilepsy	01	01	02
<b>Week 2</b>	i. Mental Retardation and Down's Syndrome	01	01	02
<b>Week 3</b>	j. Genetically transmitted neuro-muscular conditions	01	01	02
<b>Week 4</b>	k. Malnutrition and Vitamin deficiency conditions	01	01	02
<b><u>October</u></b>				
<b>Week 1</b>	l. Juvenile R. A. & other Rheumatologic conditions of Musculoskeletal system	01	01	02
<b>Week 2</b>	m. Common diseases of the Respiratory system: Asthma, Bronchitis, Bronchiectasis, T.B Pneumonia, Lung collapse, Pleural effusion.	02	01	03
<b>Week 3</b>	n. Respiratory distress in neonate o. Rheumatic & Congenital Heart disease	01	01	02
<b>Week 4</b>	<b>CASE PRESENTATION And {REVISION}</b>			
<b><u>November</u></b>				
<b>Week 1</b>	<b>Diwali vacation</b>			
<b>Week 2</b>	<b>Pre Final Exam</b>			
<b>Week 3</b>	<b>Preparatory Leave till exam</b>			

**Sai Care College of Physiotherapy, Nashik**

**Academic lesson plan (2026) – 3<sup>rd</sup> yr BPTH**

**FDPS – MSK**

Month	Topics	Theory Hrs	Practical Hrs	Total
<b><u>February</u></b>				
<b>Week 2</b>	Functional Diagnosis using International Classification of Function, Disability & Health (I.C.F.) (Applicable for all the Sections mentioned below)	5	-	5
<b>Week 3</b>	<b>Assessment of Musculoskeletal System</b> <ul style="list-style-type: none"> <li>- Soft tissue flexibility</li> <li>- Joint mobility</li> <li>- Muscle strength &amp; Endurance</li> <li>- Trick movements</li> <li>- Sensations</li> <li>- Limb length</li> <li>- Abnormal posture</li> <li>- Gait deviations due to musculoskeletal dysfunction</li> </ul>	03	02	05
<b>Week 4</b>	<b>Assessment of Joints with special tests:</b> <ul style="list-style-type: none"> <li>- <b>Cervical Spine:</b> Foraminal compression, Distraction, Shoulder depression, vertebral artery, Dizziness tests.</li> <li>- <b>Shoulder:</b> Yergason’s, Speed’s, Drop- Arm, Supraspinatus, Impingement, Anterior &amp; Posterior Apprehension, Allen, Adson.</li> <li>- <b>Elbow:</b> Cozen’s, Miller’s, Tinel’s sign</li> </ul>	04	01	05
<b><u>March</u></b>				
<b>Week 1</b>	<ul style="list-style-type: none"> <li>- <b>Forearm, Wrist &amp; Hand:</b> Phalen’s, Bunnel-Littler, Froment’s sign</li> <li>- <b>Lumbar Spine:</b> Schober’s, SLR, Prone Knee Bending, Slump</li> <li>- <b>Sacro Iliac joint:</b> Faber- Patrick’s, Gaenslen, Gillet, March</li> </ul>	03	02	05
<b>Week 2</b>	<ul style="list-style-type: none"> <li>- <b>Hip:</b> Nelaton’s line, Bryant’s triangle, Thomas, Ober’s, Tripod sign, Trendlenburg</li> </ul>	03	02	05

	<p>sign,</p> <ul style="list-style-type: none"> <li>- <b>Knee:</b> Tests for collateral &amp; cruciate ligaments (valgus, varus, Lachman, Sag, Drawer's, McMurray's, Fluctuation, Patellar tap, Q-angle, Clarke )</li> <li>- <b>Ankle &amp; Foot:</b> Anterior Drawer, Talar Tilt, Homan's &amp; Moses (for D.V.T.)</li> </ul>			
<b>Week 3</b>	<p><b>Response of soft tissues to trauma :</b></p> <ul style="list-style-type: none"> <li>- Trigger points</li> <li>- Spasm</li> <li>- Ligament Sprains</li> <li>- Muscle Strains</li> </ul>	02	03	05
<b>Week 4</b>	<p><b>Basics in Manual Therapy and Applications with Clinical Reasoning</b></p> <p>Assessment of Articular and extra-articular soft tissue status</p> <ul style="list-style-type: none"> <li>- Contractile tissues</li> <li>- Non contractile tissues</li> </ul>	03	02	05
<b><u>April</u></b>				
<b>Week 1</b>	<ul style="list-style-type: none"> <li>- Examination of joint integrity</li> <li>- Accessory movement</li> <li>End feel</li> </ul>	02	03	05
<b>Week 2</b>	<p><b>Examination of musculoskeletal Dysfunction</b></p> <ul style="list-style-type: none"> <li>- Subjective examination</li> <li>- Objective examination</li> </ul>	02	03	05
<b>Week 3</b>	Special tests	02	03	05
<b>Week 4</b>	Functional Diagnosis using ICF	02	03	05
<b><u>May</u></b>				
<b>Week 1</b>	<p><b>Assessment of Pain</b></p> <ul style="list-style-type: none"> <li>- Types of pain: Somatic, Somatic referred, Neurogenic, Visceral</li> <li>- Subjective Assessment:</li> <li>- Location, duration, progression, distribution, quality, diurnal variations, modifying factors.</li> <li>- Severity, nature of pain, tissue irritability</li> </ul>	02	03	05
<b>Week 2</b>	Objective Measurement &	02	03	05

	Documentation- <ul style="list-style-type: none"> <li>- Visual Analogue Scale (V.A.S).</li> <li>- Numerical Rating Scale(N.R.S.)</li> <li>- McGill's modified questionnaire</li> </ul>			
<b>Week 3</b>	Summer Vacation			
<b>Week 4</b>	Summer Vacation			
<b><u>June</u></b>				
<b>Week 1</b>	Midterm			
<b>Week 2</b>	<b>Basic principles, indications, contra indications of mobilization skills for joints and Soft tissues</b> Maitland	01	04	05
<b>Week 3</b>	Mulligan	01	04	05
<b>Week 4</b>	Kaltenborn	01	04	05
<b><u>July</u></b>				
<b>Week 1</b>	Mckenzie	01	04	05
<b>Week 2</b>	Cyriax	01	04	05
<b>Week 3</b>	Myofascial Release Technique	01	04	05
<b>Week 4</b>	Muscle Energy Technique	01	04	05
<b><u>August</u></b>				
<b>Week 1</b>	Muscle Energy Technique	01	04	05
<b>Week 2</b>	Neural Tissue Mobilization (Neuro Dynamic Testing)	01	04	05
<b>Week 3</b>	Neural Tissue Mobilization (Neuro Dynamic Testing)	01	04	05
<b>Week 4</b>	Revision / Practical - Maitland	00	05	05
<b><u>September</u></b>				
<b>Week 1</b>	Revision / Practical- Mulligan	00	05	05
<b>Week 2</b>	Revision / Practical- Kaltenborn	00	05	05

<b>Week 3</b>	Revision / Practical- Mckenzie	00	05	05
<b>Week 4</b>	Revision / Practical- Cyriax	00	05	05
<b><u>October</u></b>				
<b>Week 1</b>	Revision / Practical- Myofascial Release Technique	00	05	05
<b>Week 2</b>	Revision / Practical- Muscle Energy Technique	00	05	05
<b>Week 3</b>	Revision / Practical- Neural Tissue Mobilization	00	05	05
<b>Week 4</b>	Revision / Practical- Special tests	00	05	05
<b><u>November</u></b>				
<b>Week 1</b>	<b>Diwali vacation</b>			
<b>Week 2</b>	<b>Pre Final Exam</b>			
<b>Week 3</b>	<b>Preparatory Leave till exam</b>			

**Sai Care College of Physiotherapy, Nashik**

**Academic lesson plan (2026) – 3<sup>rd</sup> yr BPTH**

**FDPS - CVRS**

<b>Month</b>	<b>Topics</b>	<b>Theory Hrs</b>	<b>Practical Hrs</b>	<b>Total</b>
<b><u>February</u></b>				
<b>Week 2</b>	<b>Assessment of Cardio Vascular &amp; Pulmonary System</b>  - Vital parameters - Chest expansion	02	03	05
<b>Week 3</b>	- Symmetry of chest movement - Breath Holding Test	02	03	05
<b>Week 4</b>	- Breath Sounds - Rate of Perceived Exertion (R.P.E.)	02	03	05
<b><u>March</u></b>				
<b>Week 1</b>	Evaluation of Functional Capacity using sub maximal tests ( Exercise Tolerance – Six Minutes Walk test)	02	03	05
<b>Week 2</b>	Theoretical bases of different protocols for maximal exercise testing  - Bruce Protocol - Modified Bruce Protocol	03	02	05
<b>Week 3</b>	Maximal exercise testing - Balke protocol  Interpretation of reports - Arterial blood gas analysis	03	02	05
<b>Week 4</b>	- Pulmonary Function Test - X-ray Chest	02	03	05
<b><u>April</u></b>				
<b>Week 1</b>	Biochemical Reports Ankle Brachial Index	03	02	05

<b>Week 2</b>	Tests for Peripheral Arterial & Venous circulation	03	02	05
<b>Week 3</b>	<b>Examination of Cardiovascular Respiratory Dysfunction</b> - Subjective examination - Objective examination	03	02	05
<b>Week 4</b>	- Exercise Tolerance Testing – 6 Minutes Walk Test - Breath Holding Test - P.E.F.R. - Functional Diagnosis using I.C.F.	02	03	05
<b><u>May</u></b>				
<b>Week 1</b>	<b>Assessment of Fitness &amp; Health</b> - Screening for risk factors - Body composition (Body Mass Index)	01	04	05
<b>Week 2</b>	- use of skin fold calipers - Girth measurement	01	04	05
<b>Week 3</b>	Summer Vacation			
<b>Week 4</b>	Summer Vacation			
<b><u>June</u></b>				
<b>Week 1</b>	Midterm			
<b>Week 2</b>	- Physical Activity Readiness Questionnaire - Quality of life	01	04	05
<b>Week 3</b>	Physical fitness - Flexibility - Strength	01	04	05
<b>Week 4</b>	Physical fitness - Endurance - Agility	02	03	05
<b><u>July</u></b>				
<b>Week 1</b>	Principles & components of exercise prescription for healthy	02	03	05

<b>Week 2</b>	Screening for health and fitness in childhood, adulthood and geriatric group	02	03	05
<b>Week 3</b>	Revision/practical - Chest expansion, Symmetry of chest movement			
<b>Week 4</b>	Energy Systems & Exercise Physiology <ul style="list-style-type: none"> <li>- Physiological response to immobility and activity.</li> <li>- Aerobic &amp; Anaerobic metabolisms</li> </ul>	03	02	05
<b><u>August</u></b>				
<b>Week 1</b>	Revision/practical - Breath Sounds			
<b>Week 2</b>	Revision/practical - Physiological response to immobility and activity.			
<b>Week 3</b>	Revision/practical - Aerobic & Anaerobic metabolisms			
<b>Week 4</b>	Revision/practical – 6 Minute Walk Test			
<b><u>September</u></b>				
<b>Week 1</b>	Revision/ practical			
<b>Week 2</b>	Revision/ practical			
<b>Week 3</b>	Revision/ practical			
<b>Week 4</b>	Revision/ practical			
<b><u>October</u></b>				
<b>Week 1</b>	Revision/practical - Bruce Protocol, Modified Bruce Protocol			
<b>Week 2</b>	Revision/practical – Balke Protocol, A.B.G			
<b>Week 3</b>	Revision/practical - P.F.T., P.E.F.R.			

<b>Week 4</b>	Revision/practical - E.C.G. X-ray Chest			
<b><u>November</u></b>				
<b>Week 1</b>	<b>Diwali vacation</b>			
<b>Week 2</b>	<b>Pre Final Exam</b>			
<b>Week 3</b>	<b>Preparatory Leave till exam</b>			

**SECTION – IV NEUROTHERAPEUTIC EVALUATION & ELECTRO DIAGNOSIS**

<b>MONTH &amp; WEEK</b>	<b>Topic</b>	<b>Didactic Hours</b>	<b>Practical/ Clinical Hours</b>	<b>Total Hours</b>
	<b>SECTION IV: NEUROTHERAPEUTIC EVALUATION &amp; ELECTRO DIAGNOSIS (Didactic-50 + Practical 130= 180 Hours)</b>			
<b>FEBRUARY</b>	<b>General principles of Human development &amp; maturation</b>	<b>07</b>	<b>03</b>	<b>10</b>
<b>WEEK 2</b>	i. Aspects a) Physical b) motor c) Sensory d) Cognitive & Perceptive e) Emotional f) Social  ii. Factors influencing human development & growth: a) Biological b) Environmental inherited			
<b>WEEK 3</b>	iii. Principles of maturation in general & anatomical directional pattern – a) Cephalo – caudal b) Proximo – distal c) Centro – lateral d) Mass to specific pattern e) Gross to fine motor development f) Reflex maturation tests  iv. Development in specific fields - Oromotor development, sensory development, neurodevelopment of hand function.			

<b>MONTH &amp; WEEK</b>	<b>Topic</b>	<b>Didactic Hours</b>	<b>Pract/ Clinical Hours</b>	<b>Total Hours</b>
	<b>Assessment of Movement Dysfunction</b>	<b>10</b>	<b>25</b>	<b>35</b>

FEBRUARY WEEK 4	i. Higher functions ii. Cranial nerves iii. Sensations , sensory organization & body image	02	03	05
MARCH WEEK 1	iv. Joint mobility v. Tone	01	04	05
WEEK 2	vi. Reflexes-Superficial & Deep vii. Voluntary control viii. Muscle Strength	01	03	05
WEEK 3	ix. Co-ordination x. Balance xi. Endurance	01	04	05
WEEK 4	xii. Trick movements xiii. Limb Length xiv. Posture deviations	01	04	05
MAY WEEK 1	xv. Gait deviations due to neurological dysfunction xvi. Functional Diagnosis using I.C.F.	02	03	05
WEEK 2	xvii. Interpretation of Electro diagnostic findings, routine Biochemical investigations	02	03	05
WEEK 3 & WEEK 4	<b>SUMMER VACATION</b>			
JUNE WEEK 1	<b>MIDTERM EXAMINATION</b>			
JUNE WEEK 2	<b>SCALES:</b> Berg Balance, Modified Ashworth, F.I.M., Barthel Index, G.C.S., D.G.I., M.M.S., S.T.R.E.A.M. & A.S.I.A.	<b>3</b>	<b>02</b>	<b>05</b>
	<b>Basics in Neuro Therapeutics Skills &amp; Applications with Clinical reasoning.</b>	<b>20</b>	<b>20</b>	<b>40</b>
JULY	i. Principles, Technique & Indications for Application of a) Bobath b) Neuro Developmental Technique c) Rood's Technique	10	10	
AUGUST	d) P.N.F. e) Brunnstrom, f) Techniques of Motor Relearning Program (M.R.P.)	10	10	

	<b>Electro diagnosis</b>	<b>10</b>	<b>30</b>	<b>40</b>
SEPTEMBER	<ul style="list-style-type: none"> <li>i. Physiology of resting membrane potential, action potential, Propagation of Action Potential</li> <li>ii. Physiology of muscle contraction</li> <li>iii. Motor unit &amp; Recruitment pattern of motor unit – Size principle</li> <li>iv. Therapeutic current –as a tool for electro diagnosis.               <ul style="list-style-type: none"> <li>a) Electrophysiology of muscle &amp; nerve</li> <li>b) Faradic Galvanic Test, Strength Duration Curve-tests should be carried out on relevant patients,</li> <li>c) Test for Sensory &amp; Pain Threshold/ Pain Tolerance – technique only</li> </ul> </li> </ul>	Test for S.D.C. & Faradic/ Galvanic Test		
OCTOBER WEEK1	<ul style="list-style-type: none"> <li>v. Electro-Myography               <ul style="list-style-type: none"> <li>a) Definition Instrumentation – Basic components like C.R.O., Filter, Amplifier &amp; Preamplifier, and Types of Electrodes</li> </ul> </li> </ul>			
WEEK 2				
OCTOBER WEEK3	<ul style="list-style-type: none"> <li>b) Normal &amp; Abnormal E.M.G. pattern               <ul style="list-style-type: none"> <li>i. at rest</li> <li>ii. on minimal contraction</li> <li>iii. on maximal contraction</li> </ul> </li> </ul>			
WEEK 4	<ul style="list-style-type: none"> <li>c) Nerve Conduction Studies               <ul style="list-style-type: none"> <li>i. Principles &amp; Technique</li> <li>ii. F wave</li> <li>vi. H reflex</li> </ul> </li> </ul>			
NOVEMBER WEEK 1	DIWALI VACATION			
NOVEMBER WEEK 2	PREFINAL EXAMINATION			
NOVEMBER WEEK 3 WEEK 4	PREPARATORY LEAVE			
DECEMBER	UNIVERSITY EXAMINATION			

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**Academic lesson plan (2026) – 3<sup>rd</sup> yr BPTH**

**Community Health & Sociology**

Month	Topics	Theory Hrs	Total
<b><u>February</u></b>			
<b>Week 2</b>	<b>GENERAL CONCEPTS &amp; DETERMINANTS OF HEALTH &amp; DISEASES:</b> <ul style="list-style-type: none"> <li>- National &amp; International Definition of Health, Role of Socio-Economic &amp; Cultural Environment in Health &amp; Disease.</li> <li>- Epidemiology – Definition &amp; scope, uses with relevance to physiotherapy</li> </ul>	02	02
<b>Week 3</b>	- Environmental Hygiene including man & his surrounding, Occupational & Industrial hygiene, Village & Town Sanitation, Bacteriology of Water, Milk, & Food Hygiene.	02	02
<b>Week 4</b>	<b>HEALTHCARE DELIVERY SYSTEM</b> <ul style="list-style-type: none"> <li>- Healthcare Delivery System of India</li> <li>- National Health Programmes</li> <li>- Role of W.H.O.</li> <li>- Millennium Development Goals for All</li> </ul>	02	02
<b><u>March</u></b>			
<b>Week 1</b>	<b>PRIMARY HEALTHCARE</b> <ul style="list-style-type: none"> <li>- Definition</li> <li>- Principles,</li> <li>- Elements &amp; its application</li> </ul> <b>NATIONAL PUBLIC HEALTH ADMINISTRATION</b>	02	02
<b>Week 2</b>	<b>EPIDEMIOLOGY OF SOCIO-ECONOMICAL &amp; CULTURAL ISSUES</b> - related to morbidity in relation to the following vulnerable groups.	02	02
<b>Week 3</b>	<b>EPIDEMIOLOGY OF SOCIO-ECONOMICAL &amp; CULTURAL ISSUES</b> - related to morbidity in relation to the following vulnerable groups.	02	02
<b>Week 4</b>	<b>EPIDEMIOLOGY OF SOCIO-ECONOMICAL &amp;</b>	02	02

	<b>CULTURAL ISSUES</b> - related to morbidity in relation to the following vulnerable groups.		
<b>April</b>	<b>Sociology</b>		
<b>Week 1</b>	<b>INTRODUCTION:</b> Definition & Relevance with Physiotherapy and social factors affecting Health status, Decision Making in taking treatment.  <b>SOCIALIZATION:</b> Definition, Influence, of Social Factors, on Personality, Socialization In the Hospital & Rehabilitation of the patients.	02	02
<b>Week 2</b>	<b>SOCIAL GROUPS:</b> Concepts, Influence of formal & informal groups of Health & Diseases, Role of Primary & Secondary Groups in the Hospital & Rehabilitation Setting.  <b>FAMILY:</b> Influence on human personality, Role of family in health and disease	02	02
<b>Week 3</b>	<b>COMMUNITY ROLE</b> Rural & Urban communities in Public Health, Role of community in determining Beliefs, Practices & Home Remedies in Treatment  <b>CULTURE:</b> Component's impact on human behavior, Role of community in determining beliefs, practices and health seeking behavior and home remedies	02	02
<b>Week 4</b>	<b>SOCIAL CHANGE FACTORS:</b> Human Adaptation, Stress, Deviance, Health Programme Role of Social Planning in the improvement of Health & in Rehabilitation.  <b>SOCIAL CONTROL:</b> Definition, Role of norms, Folkways, Customs, Morals, Religion, Law & other means of social controls in the regulation of Human Behavior, Social Deviance & Disease	02	02
<b>May</b>			
<b>Week 1</b>	Women: <ul style="list-style-type: none"> <li>- Pregnant and lactating women, maternal health (ANC,PNC,INC)</li> <li>- Perimenopausal women's' health: physical &amp; psychological</li> </ul>	02	02

	School aged population health: - Early detection and prevention of disabilities, behavioral problems		
<b>Week 2</b>	Infants: (Low Birth Weight, Breast feeding, Complimentary feeding, IYCN,IMNCI Vaccine preventable diseases, Immunization programmes, Infant and childhood mortality)	02	02
<b>Week 3</b>	Summer vacation		
<b>Week 4</b>	Summer Vacation		
<b><u>June</u></b>			
<b>Week 1</b>	Midterm exam		
<b>Week 2</b>	Children: Child health, Growth monitoring under five clinic, ICDS, PEM	02	02
<b>Week 3</b>	Demography and Objectives of National Family Welfare Programmes and National Population Policy	02	02
<b>Week 4</b>	<b>COMMUNICABLE DISEASES</b>	02	02
<b><u>July</u></b>			
<b>Week 1</b>	<b>COMMUNICABLE DISEASES</b>	02	02
<b>Week 2</b>	<b>NON-COMMUNICABLE DISEASES:</b> Diabetes Mellitus, Hypertension, Coronary Heart Disease / Obesity / Blindness/ Accidents /Stroke/ Cancer	02	02
<b>Week 3</b>	<b>NUTRITIONAL DISEASES:</b> Malnutrition, Nutritional disorders and National nutrition programmes	02	02
<b>Week 4</b>	Osteomalacia, Rickets, Neuropathies due to Vitamin - deficiency, Skeletal Deformities	02	02
<b><u>August</u></b>			
<b>Week 1</b>	<b>MENTAL HEALTH:</b> - Socio-economical & cultural aspects - Substance abuse and addiction –tobacco, alcohol and others	02	02

<b>Week 2</b>	<b>OCCUPATIONAL HEALTH:</b> Occupational diseases & hazards - definition, scope, prevention & legislations, Occupational lung diseases & Physical injuries/pains  <b>Revision</b>	02	02
<b>Week 3</b>	<b>GERIATRIC HEALTH</b> Physical, social, economical aspects Osteoporosis, Malnutrition, Alzheimer's disease, Parkinson's disease  <b>Revision</b>	02	02
<b>Week 4</b>	<b>HOSPITAL WASTE MANAGEMENT:</b> Universal Safety Precautions, Immunization of health care providers including their vaccination.	02	02
<b><u>September</u></b>	<b>Sociology</b>		
<b>Week 1</b>	<b>POPULATION GROUPS</b> Children: Street children, Child labour, Juvenile delinquency	02	02
<b>Week 2</b>	Women's: Victims of domestic violence and addiction, C.S.W., physically and /or mentally challenged	02	02
<b>Week 3</b>	Role of NGOs, Social support systems	02	02
<b>Week 4</b>	Social Security & Social Legislation in relation to the Disabled  Role of a Medical Social Worker	02	02
<b><u>October</u></b>			
<b>Week 1</b>	Sociology of Brain Death and/ or Organ donation	02	02
<b>Week 2</b>	<b>SOCIAL PROBLEMS:</b> Population explosion, Poverty, Dowry	02	02
<b>Week 3</b>	<b>SOCIAL PROBLEMS:</b> Illiteracy- Causes, prevention & Control measures	02	02
<b>Week 4</b>	Community Visits		
<b><u>November</u></b>			
<b>Week 1</b>	<b>Diwali vacation</b>		
<b>Week 2</b>	Pre final exam		
<b>Week 3</b>	Preparatory Leave till exam		

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**Academic lesson plan (2026) – 3<sup>rd</sup> yr BPTH**

**Obstetrics/Gynecology**

Month	Topics	Theory Hrs	Practical Hrs	Total
<b><u>February</u></b>				
<b>Week 2</b>	<b>PHYSIOLOGY OF PUBERTY &amp; MENSTRUATION</b>	01	00	01
<b>Week 3</b>	Abnormalities & common problems of Menstruation	01	00	01
<b>Week 4</b>	<b>PHYSIOLOGY OF PREGNANCY</b> Development of the foetus, Normal/ Abnormal / multiple gestations Common Complications during pregnancy: - Anaemia - P I H - Eclampsia	01	01	01
<b><u>March</u></b>				
<b>Week 1</b>	Common Complications during pregnancy: - Diabetes - Hepatitis - TORCH infection or HIV	01	00	01
<b>Week 2</b>	<b>PHYSIOLOGY OF LABOUR</b> Normal – Events of Ist Stage of labour	01	00	01
<b>Week 3</b>	Normal – IInd & IIIrd Stages of labour	01	00	01
<b>Week 4</b>	Complications during labour & management	01	00	01
<b><u>April</u></b>				
<b>Week 1</b>	Caesarean section- elective/ emergency & post operative care	01	00	01
<b>Week 2</b>	<b>POST NATAL PERIOD-</b> Puerperium	01	00	01
<b>Week 3</b>	<b>POST NATAL PERIOD-</b> Lactation	01	00	01

<b>Week 4</b>	Puerperium & Lactation	00	01	01
<b><u>May</u></b>				
<b>Week 1</b>	Complications of repeated child bearing with small gaps	01	00	01
<b>Week 2</b>	Complications of repeated child bearing with small gaps	00	01	01
<b>Week 3</b>	Summer vacation			
<b>Week 4</b>	Summer vacation			
<b><u>June</u></b>				
<b>Week 1</b>	Mid term exam	01	00	01
<b>Week 2</b>	Uterine prolapse – Classification & Management	01	00	01
<b>Week 3</b>	Methods of contraception	01	00	01
<b>Week 4</b>	Methods of contraception	00	01	01
<b><u>July</u></b>				
<b>Week 1</b>	<b>INFERTILITY</b> Management with emphasis on PCOS/PCOD			
<b>Week 2</b>	Cystocele, Rectocele	01	00	01
<b>Week 3</b>	Enterocoele, Urethrocele	01	00	01
<b>Week 4</b>	URO-GENITAL DYSFUNCTION	00	01	01
<b><u>August</u></b>				
<b>Week 1</b>	<b>GYNAECOLOGICAL SURGERIES</b> Pre-surgical management	01	00	01
<b>Week 2</b>	<b>GYNAECOLOGICAL SURGERIES</b> Pre-surgical management	00	01	01
<b>Week 3</b>	<b>GYNAECOLOGICAL SURGERIES</b> Post-surgical management	01	00	01
<b>Week 4</b>	<b>GYNAECOLOGICAL SURGERIES</b> Post-surgical management	00	01	01
<b><u>September</u></b>				
<b>Week 1</b>	a. <b>PRE, PERI &amp; POST MENOPAUSE-</b> Physiology	01	00	01

<b>Week 2</b>	<b>PRE, PERI &amp; POST MENOPAUSE- Complications</b>	01	00	01
<b>Week 3</b>	<b>PRE, PERI &amp; POST MENOPAUSE- Management</b>	00	01	01
<b>Week 4</b>	<b>PELVIC INFLAMMATORY DISEASES</b>	01	00	01
<b><u>October</u></b>				
<b>Week 1</b>	backache due to Gynaecological / Obstetrical conditions	00	01	01
<b>Week 2</b>	Revision			
<b>Week 3</b>	Revision			
<b>Week 4</b>	Revision			
<b><u>November</u></b>				
<b>Week 1</b>	<b>Diwali vacation</b>			
<b>Week 2</b>	<b>Pre final exam</b>			
<b>Week 3</b>	<b>Preparatory Leave till exam</b>			

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**Dermatology**

<b>Month</b>	<b>Topics</b>	<b>Theory Hrs</b>	<b>Practical Hrs</b>	<b>Total</b>
<b><u>February</u></b>				
<b>Week 3</b>	Introduction to Dermatology, basic skin lesions & History taking	01	00	01
<b>Week 4</b>	Skin infections (Part I) – Scabies / Pediculosis / Bacterial infections	01	00	01
<b><u>March</u></b>				
<b>Week 1</b>	Skin infection (Part II) Viral / Fungal / Cutaneous T.B.	01	00	01
<b>Week 2</b>	Connective tissue disorder-Scleroderma, S.L.E., Dermatomyositis, Morphia	01	00	01
<b>Week 3</b>	Hand eczema, Psoriasis, Psoriatic arthritis, Reiter’s Syndrome	01	00	01
<b>Week 4</b>	Cutaneous hyperplasia-Keloid, Hypertrophic scar, Corn, Callosity	01	00	01
<b><u>April</u></b>				
<b>Week 1</b>	Leprosy & Deformity	01	00	01
<b>Week 2</b>	Leprosy & Deformity	01	00	01
<b>Week 3</b>	Cutaneous Manifestation of HIV	01	00	01
<b>Week 4</b>	Hyperhydrosis	01	00	01
<b><u>May</u></b>				
<b>Week 1</b>	Drug reaction	01	00	01
<b>Week 2</b>	Urticaria Genodermatosis -Epidermolysis bullosa	01	00	01

<b>Week 3</b>	Summer vacation	01	00	01
<b>Week 4</b>	Summer Vacation			
<b><u>June</u></b>				
<b>Week 1</b>	Midterm exam			
<b>Week 2</b>	Sexually Transmitted skin lesions PUVA Treatment			
<b>Week 3</b>	Revision			
<b>Week 4</b>	Revision			
<b><u>July</u></b>	Revision			
<b>Week 1</b>	Revision			
<b>Week 2</b>	Revision			
<b>Week 3</b>	Revision			
<b>Week 4</b>	Revision			
<b><u>August</u></b>	Revision			
<b>Week 1</b>	Revision			
<b>Week 2</b>	Revision			
<b>Week 3</b>	Revision			
<b>Week 4</b>	Revision			
<b><u>September</u></b>	Revision			
<b>Week 1</b>	Revision			
<b>Week 2</b>	Revision			
<b>Week 3</b>	Revision			
<b>Week 4</b>	Revision			
<b><u>October</u></b>	Revision			
<b>Week 1</b>	Revision			
<b>Week 2</b>	Revision			
<b>Week 3</b>	Revision			
<b>Week 4</b>	Revision			
<b><u>November</u></b>				
<b>Week 1</b>	<b>Diwali vacation</b>			
<b>Week 2</b>	Pre final exam			
<b>Week 3</b>	Preparatory Leave till exam			

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**Professionals practice & Ethics**

<b>Month</b>	<b>Topics</b>	<b>Theory Hrs</b>
<b><u>March</u></b>		
<b>Week 1</b>	Collecting data on psychosocial factors in Medicine	02
<b><u>April</u></b>		
<b>Week 1</b>	Collecting data on psychosocial factors in surgery	02
<b><u>May</u></b>		
<b>Week 1</b>	Collecting data on psychosocial factors in Reproductive Health	02
<b><u>June</u></b>		
<b>Week 1</b>	Mid term exam	
<b>Week 2</b>	Collecting data on psychosocial factors in paediatrics	02
<b><u>July</u></b>		
<b>Week 1</b>	Inter professional communication	02
<b><u>August</u></b>		
<b>Week 1</b>	Inter professional communication	02
<b><u>September</u></b>		
<b>Week 1</b>	Ethics in clinical practice	02
<b><u>October</u></b>		
<b>Week 1</b>	Ethics in clinical practice	01
<b><u>November</u></b>		
<b>Week 1</b>	<b>Diwali vacation</b>	
<b>Week 2</b>	<b>Prefinal exam</b>	
<b>Week 3</b>	<b>Preparatory Leave till exam</b>	