



Sant Baba Bhag Singh University

Khiala, Jalandhar

Value Added Course



Date: 05-10-2020

Duration: 8 weeks

(4 hours per week)

COORDINATORS:

● **Dr. Manisha
Demonstrator**

● **Dr. Manpreet Kaur
Demonstrator**

**Department of Physiotherapy (UISH)
Sant Baba Bhag Singh University, Khiala,
Jalandhar**

**Sant Baba Bhag Singh University
Department of Physiotherapy (UISH)**

Value added course

Course on Stretching and Flexibility Exercises

Stretching and flexibility exercise are very beneficial to maintain general body fitness. In addition to this having proper knowledge of these exercises could strengthened the treatment skills of physiotherapy students as they could prescribe these exercise to their patients. Apart from this these exercises could also improve their physical as well as mental health which helps them to enhance their work efficiency. This knowledge could also be used in the sports field for prevention and treatment of various sports injury.

Course Name	Course Code	Duration	Batch Timings	Tentative Batch Start Date	Course Coordinator
Course on Stretching and Flexibility Exercises	PTY012	8 weeks (4 hours per week)	2:35pm – 3:30pm (Monday) 3:30pm – 4:30pm (Tuesday, Thursday, Friday)	05-10-2020	Dr. Manpreet Kaur and Dr. Manisha

Eligibility:

10+2 with minimum 50% marks

Prerequisites

Qualified 10+2 examination in any relevant stream

Course Fee:

Not Applicable

Course Duration information:

8 weeks (4 hours per week)

Course Syllabus

Week 1: Introduction to stretching exercises, indication and contraindication,

Week 2: Precautions, mode of technique, types of stretching exercises

Week 3: Stretching exercises of upper limb (muscle of arm, forearm and shoulder), muscles of head and neck

Week 4: Muscles of lower limb (muscle of anterior and posterior thigh, muscles of leg and foot), muscles of back

Week 5: Introduction to flexibility exercises, its indication and contraindication

Week 6: Introduction to basic technique to flexibility exercises, physiological response of flexibility exercises on muscle and other body tissue

Week 7: Flexibility exercises of upper limb (shoulder joint, elbow joint, wrist joint), flexibility exercises of neck muscle

Week 8: Flexibility exercises of lower limb (hip joint, knee joint and ankle joint), flexibility exercises of trunk and back muscles, benefits of flexibility and stretching exercises.

Course Outcome

Having desired knowledge of this course could help the students not only to improve their general body fitness but they could also give professional advice to their patients and other community members. In addition to this stretching and flexibility exercises are also helpful to reduce pain, muscle spasm and inflammation and also rebuild strength and endurance of muscle.

REGISTRATION FORM

Value added Course of Stretching and Flexibility Exercises

Name _____

Date of birth _____ Department _____

Class/Semester _____

Address for correspondence _____

Contact No. _____

Email _____

Signature of Applicant

VENUE

Block No.5, Room No. 327, Sant Baba Bhag Singh University, Jalandhar, Punjab, India.

For more Information Contact

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