



Index Department of Physiotherapy & Paramedical Sciences

Malwanchal University, Indore



Sports Injury Prevention



ABOUT

"Sports Injury Prevention: Proactive strategies to minimize risk, enhance athletic performance, and ensure safe participation through evidence-based training methods, biomechanical analysis, and injury risk management."

Module

1. Injury epidemiology and risk factors
2. Biomechanical analysis and movement screening
3. Exercise programming for injury prevention
4. Warm-up and cool-down strategies
5. Plyometrics and agility training
6. Nutrition and recovery techniques"

Course Outcome

Upon completion, students will design and implement effective injury prevention programs, conduct movement screenings, and develop evidence-based training strategies to minimize injury risk and optimize athletic performance."

Eligibility Criteria :

BPT Students.

Resource Person

Dr. Amit Nagar

Registration Fees: 0

Start Date:- 02/09/23 To 05

Schedule:- 09:00 to 04:00

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Department of Physiotherapy & Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE



Campus : Index City, NH-59A, Nemawar Road, District: Indore- 452016 (M.P.) Ph.: + 91 9755008280, +91 7024107465
Email : principalparamed@indexgroup.co.in, paramedical@indexgroup.co.in Website. Www.malwanchaluniversity/paramedical.co.in
City Office : 104, Trishul Apartment., 5, Sanghi Colony, A.B. Road, Indore M.P. -452008 (M.P.)

REF.NO.- IDOPT/PO/2023/

DATE: 24/08/2023

CIRCULAR

Index Department of Physiotherapy and Paramedical Sciences, Malwanchal University is conducting **Introduction to physical fitness (injury prevention) for physiotherapist in sports** the course will provide a depth knowledge on given topic.

*Topic: -Introduction to physical fitness (injury prevention) for physiotherapist in sports for BPT students

*Date: 2/09/2023 - 5/09/2023

*Venue: Index department of physiotherapy and paramedical sciences.

*Resource Person: Dr. Amit Nagar

You are expected to attend the above mentioned course to facilitate in-depth understanding of the topic and enhance the skills.

Faculties can enroll the names to Course Coordinator on or before 28/08/2023

Sudhakar
REGISTER
Malwanchal University
Indore (M.P.)



Rm

[Signature]
COURSE COORDINATOR
DR. SURBH RAJPUT

PRINCIPAL
PARAMEDICAL COURSES



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Department of Physiotherapy and Paramedical Sciences

MALWANCHAL UNIVERSITY, INDORE

Ref: - IDOPT/PO/2023/571 (1A)

Date: 06/09/2023

Report: Introduction to Physical Fitness and Health and Injury Prevention for Physiotherapy Students

Date:- 02/09/2023- 04/09/2023

Introduction and Overview

Physical fitness and health are essential components of overall well-being, and physiotherapists play a vital role in promoting healthy lifestyles and preventing injuries. The World Health Organization defines physical fitness as "the ability to perform aspects of sports, occupations, and daily activities without undue fatigue and with ample energy to enjoy leisure activities." Physiotherapists must understand the fundamental principles of physical fitness and health to design effective exercise programs, prevent injuries, and promote overall well-being.

This two-day workshop aimed to introduce physiotherapy students to the fundamental principles of physical fitness, health, and injury prevention. The objectives of this workshop were:

- To understand the importance of physical fitness and health in preventing injuries and promoting overall well-being
- To identify risk factors for injuries and develop strategies for prevention
- To learn assessment and screening techniques for identifying potential injury risks
- To develop exercise programs for injury prevention and health promotion

Day 1:

The first day of the workshop began with an overview of the components of physical fitness, including cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Students learned about the importance of physical activity in preventing chronic diseases, such as heart disease, diabetes, and obesity.

The afternoon session focused on injury prevention principles, including warm-up and cool-down exercises, stretching, and proper equipment use. Students identified intrinsic (age, flexibility, strength) and extrinsic (training surface, equipment) risk factors for injuries.

Practical Session:

Students participated in a practical session on exercise programming for injury prevention, focusing on:

- Warm-up and cool-down exercises
- Stretching and flexibility exercises
- Strengthening exercises for core and peripheral muscles

Day 2:

The second day of the workshop began with a discussion on exercise programming for specific populations (children, older adults, athletes). Students learned about injury prevention strategies for common sports-related injuries (knee injuries, shoulder injuries).

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The afternoon session focused on nutrition and recovery techniques for optimal physical fitness and health. Students learned about the importance of proper nutrition, hydration, and rest in preventing injuries and promoting recovery.

Case Study Presentations:

Students presented case studies, applying physical fitness and injury prevention principles to real-world scenarios. Discussions focused on:

- Effective exercise programming for injury prevention
- Strategies for promoting health and wellness
- Collaboration with interdisciplinary teams for injury prevention

Conclusion:

This workshop provided physiotherapy students with a solid foundation in physical fitness, health, and injury prevention principles. By applying these principles, students will enhance their clinical skills, promote healthy lifestyles, and prevent injuries in their future practice.

Assessment:

Students demonstrated proficiency through:

- Practical assessments (80%)
- Case study presentations (10%)
- Written quizzes (10%)

Participant Feedback:

Students reported increased confidence in designing exercise programs for injury prevention and health promotion. They appreciated the practical sessions and case study presentations, which helped reinforce theoretical concepts.

Attendance:

Twenty-five physiotherapy students attended the workshop, with 100% attendance on both days.


Duration:

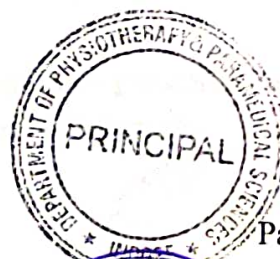
Two days (16 hours)

Resource Persons:

- Dr. Amit Nagar

This workshop equipped physiotherapy students with essential knowledge and skills to promote physical fitness, health, and injury prevention in their future practice.



Report Made by:
Dr. Surbhi Rajput




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Department of Physiotherapy and Paramedical Sciences Malwanchal University Indore

Value Added Course: Introduction to Physical Fitness and Health and Injury Prevention for Physiotherapy Students

Date: 2nd-3rd September 2023

Venue: Index Department of Physiotherapy and Paramedical Sciences College, Indore

Resource Person: Dr. Amit Nagar

Course Overview:

This 2-day value-added course aims to provide physiotherapy students with foundational knowledge and skills in physical fitness, health promotion, and injury prevention.

Day 1: Foundations of Physical Fitness and Health

The first day covers:

- Defining Physical Fitness and Health: Concepts and Principles
- Components of Physical Fitness: Cardiovascular Endurance, Muscular Strength and Endurance, Flexibility, and Body Composition
- Health Promotion Strategies: Nutrition, Stress Management, and Lifestyle Modifications
- Exercise Physiology: Energy Systems, Exercise Types, and Training Principles
- Assessing Physical Fitness: Methods and Tools

Day 2: Injury Prevention and Management

The second day focuses on:

- Injury Prevention Strategies: Warm-up, Cool-down, and Stretching Exercises
- Common Injuries in Sports and Daily Life: Causes, Symptoms, and Management
- Biomechanics of Injury: Movement Analysis and Correction
- Injury Rehabilitation: Principles and Protocols
- Case Studies and Group Discussions: Applying Injury Prevention and Management Principles

Course Objectives:

Upon completion, participants will:

1. Understand the concepts and principles of physical fitness and health.
2. Identify components of physical fitness and health promotion strategies.
3. Recognize injury prevention and management principles.
4. Apply exercise physiology and biomechanics to prevent injuries.

Assessment and Certification:

Participants will be assessed through written quizzes, case study presentations, and group discussions. Successful completion will result in a certificate from Index Department of Physiotherapy and Paramedical Sciences College, Indore.




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Course Materials:

- Workshop manual
- PowerPoint presentations
- Handouts and worksheets
- Relevant journals and research articles

Note: Participants are encouraged to engage actively in discussions and practical sessions to maximize learning outcomes.




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Effectiveness of core stabilization



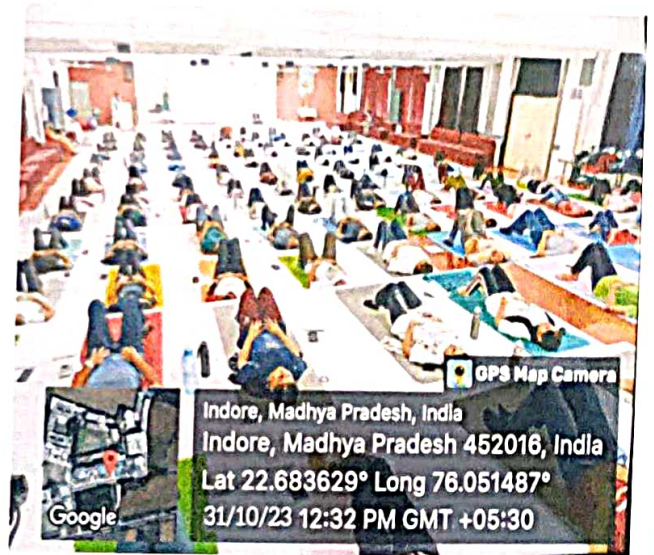
Miss. Elane tan giving introduction



Miss. Elane tan taking classes



Respected chairman sir doing lamp lightening



All the students doing core stabilization

Geetha
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Department of Physiotherapy and Paramedical Sciences

Malwanchal University Indore

TOPIC: - Introduction to physical fitness (Injury prevention for physiotherapy in sports).

Resources Person:-Dr. Amit Nagar

Date:-02/09/23 – 03/09/23

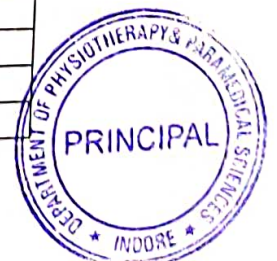
Student Attendance List

(BPT 3rd, 4th year)

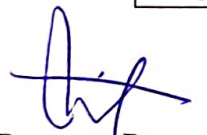
S.NO	Name of Student	Signature
1.	BPT 3rd Year. Anjali Jaiswal	Anjali
2.	Anjali Neekhra	Anjali
3.	Archie Jadhav	Archie
4.	Arpit Kushwah	Arpit
5.	Bhavana Bhuriya	Bhavana
6.	Chandan Doriya	Chandan
7.	Charu Powar	Charu
8.	Deepak Meena	Deepak
9.	Deepika Goyal	Deepika
10.	Dishika Agrawal	Dishika
11.	Garima Sonwani	Garima
12.	Geetanjali Koushal	Geetanjali
13.	Gourang Panchole	Gourang
14.	Harsh Sharma	Harsh
15.	Kapil Patidar	Kapil
16.	Khan Mehvish	Mehvish
17.	Krishnapal Singh	Krishnapal
18.	Kritika Patidar	Kritika
19.	Kunjita Nargesh	Kunjita
20.	Manisha Goyal	Manisha
21.	Manwani Anshul	Anshul
22.	Maya Jaiswal	Maya
23.	Mehzabin Khan	Mehzabin
24.	Mufeed Sheikh	Mufeed
25.	Muskan Patidar	Muskan
26.	Neha	Neha
27.	Nikhil Patel	Nikhil
28.	Nirali Patidar	Nirali
29.	Prajal khandelwal	Prajal
30.	Prathana Maske	Prathana
31.	Rajput Aman Singh	Aman
32.	Rajput Vidhi Vilas	Vidhi
33.	Ratnesh mandloi	Ratnesh
34.	Sakshi Joshi	Sakshi
35.	Shiva Rathore	Shiva
36.	Shivam Meena	Shivam
37.	Shivani Patidar	S. Patidar
38.	Shruti Shrivastava	Shruti
39.	Simran Mehra	S. Mehra

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(Signature)



40.	Somnath Verma	Somnath
41.	Tanisha Prajapat	Tanisha
42.	Tanshika Patidar	Tanshika
43.	Umesh Patidar	Umesh
44.	Vaishnavi Soni	Vaishnavi
45.	Varsha Patidar	Varsha
46.	Veena Rao	Veena
47.	Vishranti Joshi	Vishranti
48.	BPT- 4th year	
49.	Aafrin Khan	Aafrin
50.	Aastha Parmar	Aastha
51.	Abhishek Chauhan	Abhishek
52.	Ambika	Ambika
53.	Ameesha	Ameesha
54.	Anjali Dawar	Anjali
55.	Ankit Rathore	Ankit
56.	Asmit Patel	Asmit
57.	Aayushi Maurya	Aayushi
58.	Chetna Chouhan	Chetna
59.	Devandra khakal	Devandra
60.	Disha Baraskar	Disha
61.	Divyani Chouhan	Divyani
62.	Garima Rathore	Garima
63.	Gedam Chaitali Yogeshwar	Gedam
64.	Himanshi Satha	Himanshi
65.	Ishika Yadav	Ishika
66.	Karan Bopcha	Karan
67.	Nandini Parmar	Nandini
68.	Pooja Khandekar	Pooja
69.	Pranav Jadhav	Pranav
70.	Prayag Solanki	Prayag
71.	Prerna Carpentar	Prerna
72.	Radharaman Meena	Radharaman
73.	Rane Divya Sonaji	Rane Divya
74.	Ravian Dawande	Ravian
75.	Ritika Bhaduriya	Ritika
76.	Rohit Meena	Rohit
77.	Rohit Yadav	Rohit
78.	Sagar	Sagar
79.	Shubham Tiwari	Shubham
80.	Simrandeep Sikh	Simrandeep
81.	Swapnil Thergaonkar	Swapnil
82.	Vishesh Verma	Vishesh
83.	Yashvi Bajpai	Yashvi


Resource Person
Dr. Amit Nagar


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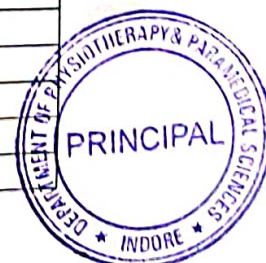
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Student Certificate List

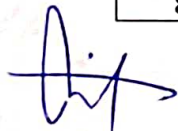
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21.	Manwani Anshul	Manwani
22.	Maya Jaiswal	Maya
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40.	Somnath Verma	Somnath


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70.	Prayag Solanki	Prayag
71.	Prerna Carpenter	Prerna
72.	Radharaman Meena	Radharaman
73.	Rane Divya Sonaji	Divya
74.	Ravian Dawande	Ravian
75.	Ritika Bhaduriya	Ritika
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