

03.10.2021

From

Mrs. Deepa.S., M.P.T

Assistant Professor in physiotherapy

Sree Balaji College of Physiotherapy,

Chennai

To

Dr.S.S.Subramanian., Ph.D

The Dean,

Sree Balaji College of Physiotherapy,

Chennai

Sir,

(Sub: Permission to conduct value added Course - Certificate Program in Physiology of Exercise - Reg)

Kindly consider in permitting the following value added course - Certificate Program in Physiology of Exercise by eminent expert Mr. Y. Ramkrishna & Dr. M. Hamsraj from 03.11.2021 to 21.11.2021, for a period of three weeks

Our students shall benefit this recent trends related to physiotherapy

Thanking You



Deepa
Yours faithfully



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

03.10.2021

To

Mrs. Deepa. S., M.P.T


Assistant Professor in physiotherapy

Madam,

With reference to your communication dated on 03.10.2021

Hereby we grant permission to conduct value added course on Certificate Program in Physiology of Exercise from 03.11.2021 to 21.11.2021 for a period of 3 weeks.




Dr.S.S.Subramanian., Ph.D

The Principal,

Sree Balaji College of Physiotherapy



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INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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SREE BALAJI COLLEGE OF PHYSIOTHERAPY

17.10.2021

CIRCULAR

Notification for Value Added Course - Certificate Program in Physiology of Exercise

The department of community health, by college of Physiotherapy, is scheduled to offer a value added course on Certificate program in Physiology of Exercise from 03.11.2021 to 21.11.2021 for a period of 3 weeks. Interested students can approach Mrs. Deepa. S., Asst. Professor & Course Coordinator


Dr.S.S.Subramanian., Ph.D

The Principal,

Sree Balaji College of Physiotherapy





SREE BALAJI COLLEGE OF PHYSIOTHERAPY

VALUE ADDED COURSE - CERTIFICATE PROGRAM IN PHYSIOLOGY OF EXERCISE

DATE: 03.11.2021 TO 21.11.2021

Objectives of the Course:

1. To be familiar with physiological effects of exercises on human body
2. To learn ways of exercises, means to measure
3. To study various factors influencing performance of exercises

Course Outline:

1. Introduction of exercises
2. Exercises on endocrines system
3. Exercises on cardiovascular system
4. Influence of exercises on excretory system

How to measure exercises duration, frequency intensity - Type of exercises -
Exercises on Neuro System - exercises influenced by Vitamins - Minerals -
Electrolytes - Musculoskeletal system effects with exercises

Recourse Persons

| | | |
|------------|---|---|
| Speaker: 1 | Mr. Y. Ramkrishna - M.SC Sports General Manager - Academy & Training | Fitness One |
| Speaker: 2 | Dr. M. Hamsraj - Founder & Director | Physiocare Physiotherapy & Fitness One |



Eligibility: Final year B.P.T, Interns, M.P.T students, Clinical Physiotherapists

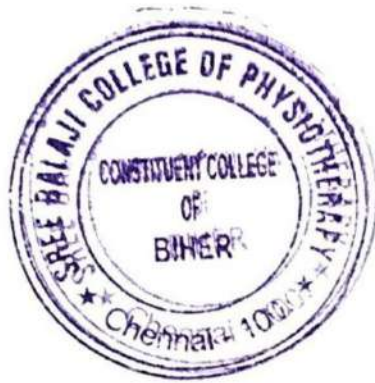
Fees: Free

For Registration Contact: 044 - 22461883, 044 - 22462179,

e - Mail: sbcp2007@gmail.com

Coordinator for the Course

Mrs. Deepa. S., M.P.T., Asst. Professor



SREE BALAJI COLLEGE OF PHYSIOTHERAPY

VALUE ADDED COURSE - CERTIFICATE PROGRAM IN PHYSIOLOGY OF EXERCISE

DATE: 03.11.2021 TO 21.11.2021

AGENDA

CERTIFICATE COURSE ON CLINICAL NUTRITION

| Date | Topic | Time | Hour |
|------------------|--|------------------------|---------------|
| 03.11.2021 | Introduction | 12.00 Noon - 02.00 P.M | 02.00 hrs |
| 04.11.2021 | Physiology of Exercise | 12.00 Noon - 02.00 P.M | 02.00 hrs |
| 05.11.2021 | Effect of Exercise on Various System | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 07.11.2021 | Exercises on Endocrine System | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 08.11.2021 | Exercise on Cardiovascular System | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 09.11.2021 | Influencing Exercises in Excretory System | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 10.11.2021 | FITT Principle & Exercise | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 11.11.2021 | Types of Exercise | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 14.11.2021 | Influence of Vitamin & Minerals in Exercise | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 15.11.2021 | Electrolyte | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 16.11.2021 | Effect of Exercise in Musculoskeletal System | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 17.11.2021 | Effect of Exercise in Children | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 18.11.2021 | Effect of Exercise in Geriatric | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 19.11.2021 | Effect of Exercise in Special Population | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| 21.11.2021 | Energy System and Exercise | 11.00 A.M - 01.00 P.M | 02.00 hrs |
| Total Hrs | | | 30 hrs |





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Participants list

| 1. | name | Reg no |
|-----|---------------------|----------|
| 2. | Atchaya G | U15PT006 |
| 3. | Bhavana S | U15PT007 |
| 4. | Bhuvaneshwari B | U15PT008 |
| 5. | Boopathi S | U15PT009 |
| 6. | Divya J | U15PT010 |
| 7. | Gayathri M | U15PT011 |
| 8. | Gayathri S | U15PT012 |
| 9. | Hemalatha E | U15PT013 |
| 10. | Ilakia S | U15PT014 |
| 11. | Jagan B | U15PT015 |
| 12. | Jeevitha K | U15PT016 |
| 13. | Kalaiarasi K | U15PT017 |
| 14. | Kalaivani E | U15PT018 |
| 15. | Karthickeyan R | U15PT019 |
| 16. | Kavitha N | U15PT020 |
| 17. | Keerthika S | U15PT021 |
| 18. | Kumutha R | U15PT022 |
| 19. | Latha B | U15PT023 |
| 20. | Madhumitha. M | U15PT024 |
| 21. | Masthura Haseena. S | U15PT025 |
| 22. | Noorunnisha S | U15PT026 |



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FEEDBACK FORM

| Criteria | Strongly Agree (3) | Agree (2) | Disagree (1) |
|--|--------------------|-----------|--------------|
| Workshop/session was relevant to my needs | ✓ | | |
| Length of Workshop was sufficient session | | ✓ | |
| Content was well organized | | ✓ | |
| Questions were engaged | ✓ | | |
| Instructions were clear and understandable | ✓ | | |
| Workshop met my expectations | | ✓ | |
| The presentations were effective | ✓ | | |





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FEEDBACK FORM

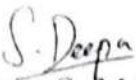
| Criteria | Strongly Agree (3) | Agree (2) | Disagree (1) |
|--|--------------------|-----------|--------------|
| Workshop session was relevant to my needs | ✓ | | |
| Length of Workshop session was sufficient | ✓ | | |
| Content was well organized | | ✓ | |
| Questions were engaged | | ✓ | |
| Instructions were clear and understandable | | ✓ | |
| Workshop met my expectations | ✓ | | |
| The presentations were effective | | ✓ | |



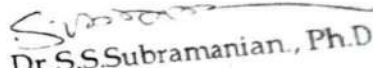
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CERTIFICATE OF PARTICIPATION

This is to certify that Mr / Ms- DIVYA JI (Reg No UISPT010) of
/II/III/IV year B.P.T/ Clinical Physiotherapists has participated in the Course on Short Term Conducted on 03.11.2021 to
1.11.2021 in "Certificate Program in Physiology of Exercise"


Mrs. Deepa.S., M.P.T
Coordinator




Dr. S.S. Subramanian., Ph.D
Principal

SREE BALAJI COLLEGE OF PHYSIOTHERAPY

VALUE ADDED COURSE - CERTIFICATE PROGRAM IN PHYSIOLOGY OF EXERCISE

DATE: 03.11.2021 TO 21.11.2021

