

# BSS SYLLABUS

[AHS003] - BSS DIPLOMA IN PHYSIOTHERAPY & ACTIVITY THERAPY - [TWO YEARS]				
1	PAPER 1	AHS003-01	COMMUNICATIVE ENGLISH AND COMPUTER FUNDAMENTALS	I YEAR
2	PAPER 2	AHS003-02	ANATOMY,PHYSIOLOGY AND PATHOLOGY,PERSONAL HYGIENE	I YEAR
3	PAPER 3	AHS003-03	BASIC OCCUPATIONAL THERAPY - I,NURSING & FIRSTAID,COMMUNITY EDUCATIONAL AIDS	I YEAR
4	PAPER 4	AHS003-04	MANUAL ACTIVITIES & CRAFT,REMEDIAL GYMNASIIC HYDRO THERAPY	I YEAR
5	PAPER 5	AHS003-05	PRACTICAL - I	I YEAR
6	PAPER 6	AHS003-06	PRACTICAL - II	I YEAR
7	PAPER 7	AHS003-07	PRACTICAL - III	I YEAR
8	PAPER 8	AHS003-08	PRACTICAL - IV	I YEAR
9	PAPER 9	AHS003-09	GENERAL MEDICAL & SURGICAL CONDITIONS,MENTAL HANDICAP, SOCIOLOGY	II YEAR
10	PAPER 10	AHS003-10	PHYSIOTHERAPY EXCERCISE THERAPY,ELECTRO THERAPY,HYDRO THERAPY	II YEAR
11	PAPER 11	AHS003-11	OCCUPATIONAL THERAPY - II,PREVOCATIONAL ACTIVITY	II YEAR
12	PAPER 12	AHS003-12	PRACTICAL - V	II YEAR
13	PAPER 13	AHS003-13	PRACTICAL - VI	II YEAR
14	PAPER 14	AHS003-14	PRACTICAL - VII	II YEAR

## [AHS003] - BSS DIPLOMA IN PHYSIOTHERAPY & ACTIVITY THERAPY - [TWO YEARS]

### [AHS003-01] - COMMUNICATIVE ENGLISH AND COMPUTER FUNDAMENTALS

#### COMMUNICATIVE ENGLISH

##### UNIT - I

Communication – communication Process - verbal communication – Non – Verbal Communication – Pros & Cons of Communication – communicative English Exercises.

##### UNIT - II

Phonetics – Organs of Speech – Vowels – Spelling Areas – Dipthongs – Consonants – Stress – Word Accent – The Parts of Speech in English.

##### UNIT - III

Communicative grammar – Classification of Nouns and Their functions – Verbs – Symbols – Pronouns – Auxiliary Verbs – Articles – Use of the indefinite article – Use of the definite article – Tenses – Prepositions – Phrasal verbs and adverb particles – Verbs Patterns and structures.

##### UNIT - IV

Patterns of Sentences – Direct and indirect speech – Degrees of Comparison – Simple, Complex and compound sentences – Basics of Inter – personal skills – Basics of Body language.

#### COMPUTER FUNDAMENTALS (MS-OFFICE)

##### UNIT - V

Windows Introduction – Operating System - Desk Top Icons – My Computer, Recycle Bin, Internet Explorer, Network Neighborhood, My documents. Working with Windows – How to create a Folder, Copying and cutting files, Renaming - Start Icon – Programs, Favorites, Documents, Settings, Find, Run, Shutdown - Application Icons.

##### UNIT - VI

An Introduction to Word – The word workspace, Starting and quitting Word, Creating and Manipulating various documents, Editing of proofing files, merging documents and macros. -How to use Mouse and Menu – Working with dialog box - Primary Commands in File Menu – The Open commands, The File name commands - The New Commands, The Save, Save As, and Save all commands, The Close command, The page setup, The Print commands, The exit commands.

Edit Menu Commands – The Cut, Copy, and Paste commands, The Undo and Repeat Commands, Find and Replace commands-Format Commands – The view menu, the Insert menu, the tool menu, the table menu, the window menu.

##### UNIT - VII

Building a Simple Worksheet- Entering Text, Entering Values, Entering Dates and Times, Moving Around, Scolding Selecting Ranges, Using Menu, Using Tool Bar, Using Tool Bar, Using Shortcut Menus, Changing Entries, Copying Entries, Moving Entries, Inserting Deleting Cells - Formatting Basics – Changing Character Style, Changing Alignment, Changing Column width, Changing Row Height, Sheet Rename, Conditional Formatting,Auto Formatting.

Working with Multiple Worksheet – copying entries between workbooks, Moving sheets work books, Deleting sheets, Quitting Excel- Opening Existing Workbooks – Simple calculations, Doing arithmetic, Totaling Column of values, Naming cells and Ranges.Formatting Text – Displaying dollars and cents, Formatting decimal places,Formatting dates, Copying style and formats, Formulas that Make Decisions – Using IF function, using the nested IF function, Copying formulas.

Checking spelling, Printing Worksheets, Preview Worksheets, Goal seek, scenarios, Macro, Protection- Sorting data, Keeping leading view, Finding records, Adding and deleting records, Filtering records. Plotting charts, Sizing and moving charts, Updating charts, Changing the charts Type, Using

auto format. Creating Macros, Recording Macros, Running Macros

#### UNIT - VII

Basics of Ms Office Tools, Ms Office Access, Ms Office Groove, Ms office one note, Ms Office outlook, Ms Office power point.

#### [AHS003-02] - ANATOMY,PHYSIOLOGY AND PATHOLOGY,PERSONAL HYGIENE

##### UNIT-1

Importance of the study of Anatomy -Related Histology & Embryology -Osteology-Arthrology- Myology-Respiratory System- Cardiovascular System- Digestive System- Urinary System- Lymphatic System- Dissection /Demonstration Of Dissected Parts

##### UNIT-2

General Physiology- Blood - Physical Properties, Composition And Functions Of Blood-Cardiovascular System -Respiratory System : Internal And External Respiration, Physiological Anatomy Of Respiratory System-Digestive System - Introduction, Organization And Plan Of Digestive System- Excretory System

##### UNIT-3

General Pathology: History and scope of pathology - The cell and the reaction of cell, tissue and organ to injury - Reactions of cell to injurious agents - Inflammation and repair- Chronic Inflammation- Wound Healing- Granulomas- Fluid and Memo Dynamics

##### UNIT-4

Immunopathology- Growth and its disorders- Mineral and pigment metabolism- Genetic disorders-Personal - Clothing Better Bodies Massage -Jewelry - Hair - Nails - Gum -Practice all sanitary rules of Hand Washing: Before each treatment - After each treatment - Use of Nail brush - Choose appropriate clothing

##### UNIT-5

Loose fitting - Professional - Natural fibers - Maintain personal health care- Have regular physical check-up - Maintain normal body weight - See a dentist regularly - Get appropriate rest - Get proper exercise - Have regular massage - Allow for relaxation time - Maintain good working posture

#### [AHS003-03] - BASIC OCCUPATIONAL THERAPY - I,NURSING & FIRSTAID,COMMUNITY EDUCATIONAL AIDS

##### UNIT-1

History of Occupational Therapy -History and development of Occupational Therapy internationally-The present development of O.T in India, including organization and functions of All India Occupational Therapist's Association- An overview of Occupational Therapy

##### UNIT-2

Define Occupational Therapy-The scope of O.T in a major hospital for Paediatrics, Physical and Psychiatric Disorders-The scope of O.T in the community - Occupational Therapy and the Rehabilitation team -Occupational Therapy's contribution as part of the total rehabilitation team

##### UNIT-3

Occupation: Philosophy and concepts - The concept of Occupation in Occupational Therapy - Importance of Occupation in people's life- Occupation as a therapeutic medium - Therapeutic qualities of Occupation: Purpose and meaning - Occupation as Therapy - Analysis of roles, occupations, tasks etc.

##### UNIT-4

Selection, Gradation and Adaptation- Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL) - Purpose of evaluation - Content of ADL and IADL evaluation - Parameters of ADL and IADL evaluation - ADL and IADL evaluation methods - Therapeutic movements and exercises in OT

##### UNIT-5

Principles of therapeutic exercises - Overview of Assessments -Reflexes - Muscle tone - Range of Motion - Muscles strength -Voluntary control- Co-ordination -Sensation - Cognitive - Perceptual functions - Hand functions - Core values and attitudes of OT practice - OT code of ethics

#### [AHS003-04] - MANUAL ACTIVITIES & CRAFT,REMEDIAL GYMNASTIC HYDRO THERAPY

##### UNIT-1

Manual Activities & Craft : Classification -Craft and handicrafts in relation to Occupational Therapy - Knowledge of handling of tools- Maintenance of tools, Equipment and Machines etc

##### UNIT-2

Knowledge of various materials- Remedial Gymnastic : Concept of remedial gymnastic - Corrective remedial gymnastics - Basic principles of remedial gymnastic - Relationship between handicapped and remedial gymnastic

##### UNIT-3

Sports and recreation for the disables - Modified sports for the disables - Organization of sports at local level and district level-HydroTherapy: Definition and basic orientation of hydrotherapy

##### UNIT-4

Pre-requisites for hydrotherapy -Basic concept of swimming, its practice Physiotherapy, assistance in medical and surgical conditions-Surgical Conditions: Pre and port operative care- Amputation -Deformities

##### UNIT-5

Medical Conditions :Simple exercise and management of hemiplegia etc. Breathing exercise -Basic management of osteoarthritis- Dermatology- Praticals In:Exercise therapy -Electro therapy- Hydro therapy Surgical and medical conditions

#### [AHS003-05] - PRACTICAL - I

[AHS003-05]-PRACTICAL - I should be conducted based on PAPER 1

BSS RECORD NOTE must be utilized by the student to complete this Practical.

**[AHS003-06] - PRACTICAL - II**

[AHS003-06]-PRACTICAL - II should be conducted based on PAPER 2

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**[AHS003-07] - PRACTICAL - III**

[AHS003-07]-PRACTICAL - III should be conducted based on PAPER 3

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**[AHS003-08] - PRACTICAL - IV**

[AHS003-08]-PRACTICAL - IV should be conducted based on PAPER 4

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**[AHS003-09] - GENERAL MEDICAL & SURGICAL CONDITIONS, MENTAL HANDICAP, SOCIOLOGY**

**UNIT-1**

Neurology - Pediatrics - Skin - Leprosy, causes, prevention, types and management- Medical conditions - HIV and AIDS- Psychiatric conditions - Anxiety, Mood disturbances on Schizophrenia, obsessive compulsive neurosis, organic psychosis

**UNIT-2**

Problems of old age & prevention of old age disabilities-Surgical Conditions General Surgery/Plastic Surgery- Abdominal surgery - Cardiothoracic surgery - Burns complications and scope of corrective surgery- Amputation, levels, types & complications, peripheral vascular diseases

**UNIT-3**

Surgery in gynecology- Head Injury - Congenital deformities CTEV, AMC, scoliosis, torticollis - Clinical features of fracture, dislocation and soft tissue injury, General principles of treatment- Spinal injuries- Bone and joint infections-Backpain, neck pain- Sports injuries - Peripheral nerve injuries

**UNIT-4**

Concept of Mental Retardation - historical perspective - Definition-A.A.M.R., W.H.O., I.C.D. - Incidence and prevalence - Classification of mental retardation- medical psychological and education- Causes and prevention-Prenatal, natal and post natal-Screening and Early Identification of Mental Retardation

**UNIT-5**

Definition, nature & scope of sociology-Marit society, society & community, process of socialization- Social system- Social groups: meaning & classification- - The rural & urban community of India and their characteristics, changes and developmental projects -Techniques of working with families

**[AHS003-10] - PHYSIOTHERAPY EXERCISE THERAPY, ELECTRO THERAPY, HYDRO THERAPY**

**UNIT-1**

Physical Therapy - What is Physical Therapy? - What is the purpose of Physical Therapy? - What does the Physical Therapist do? - Examination of your child - Alleviating impairment and functional limitation - Minimizing injury, impairment, functional limitation and/or any other special needs

**UNIT-2**

Hydrotherapy-Immersion Baths-Varieties of Immersion Bath-Partial Baths- Local Baths-Special Applications of Water- Water in Motion-Sprays-Needle Bath-Douches, Scotch, Undercurrent-Aerated Baths-Whirlpool Baths-Water in Motion plus Massage

**UNIT-3**

Douche Massage Baths-Massage and Movements-Lavage (Colonic), PlombiÃ`res Douche- Steam Vapor-Berthollet Steam Vapor-Steam Vapor Cabinet- Berthe Steam Vapor Cabinet-Russian Vapor Bath-Auto-Condensing Thermal Couch-Compresses-Packs-Paraffin Wax Baths

**UNIT-4**

Hot Air-Turkish Baths-Inunction-Objects of Bath Treatment-List of Diseases- Physiotherapy-Radiant Energy-Electricity-Electrical Terms and Units- Electrical Treatments by Static and Current Electricity-Rules for Electrical Treatments- Radiant Heat and Light Treatments

**UNIT-5**

Nature of Rays Used-Radiant Heat Baths-Light Treatments-Infra-Red Treatments- Actinotherapy-Nature of Ultra-Violet Rays-Heliotherapy-Apparatus for Producing the Rays-Carbon and Tungsten Arc Lamps, Mercury Vapor Lamps-Methods of Use in Treatments-X-Rays and Radium Rays

**[AHS003-11] - OCCUPATIONAL THERAPY - II, PREVOCATIONAL ACTIVITY**

**UNIT-1**

Introduction-Occupational performance and activity participation - Assessment and methods of assessment- Interviews - Self-report assessments- Rating scales and direct observation - Performance assessments- The Activity Participation Outcome Measure -Research Design-Research population

**UNIT-2**

Research plan -Phase 1: Determine appropriate assessment methods for each of the eight domains of the Activity Participation Assessment- Phase 2: Compile the protocol which was named the Activity Participation Assessment-Phase 3: Investigate the content validity of the Activity Participation Assessment

**UNIT-3**

Ethics and permission - Findings from the literature search -The use of self-report questionnaires - a controversial debate - Observation as an assessment technique - The South African context - Multiple domain assessment - Life skills- Self-care-Child care- Care of medication- Domestic skills

#### UNIT-4

Assertiveness, stress and conflict management- Prevocational and vocational skills- Process skills- Affect and motivation - Communication / interaction - Role performance and balanced lifestyle - Self esteem - The scale level content validity index- Clinical contribution - Extensive data collection

#### UNIT-5

The Therapist's Role in Educational Settings - Personal Care-Mobility- Gross Motor- Fine Motor/Visual Motor-Sensory Processing - Assessment of Functional skills in the Educational Environment- Handwriting Assessment -Transportation Assessment - Wheelchair Assessment

#### [AHS003-12] - PRACTICAL - V

[AHS003-12]-PRACTICAL - V should be conducted based on PAPER 9

BSS RECORD NOTE must be utilized by the student to complete this Practical.

#### [AHS003-13] - PRACTICAL - VI

[AHS003-13]-PRACTICAL - VI should be conducted based on PAPER 10

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#### [AHS003-14] - PRACTICAL - VII

[AHS003-14]-PRACTICAL - VII should be conducted based on PAPER 11

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