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## KINESIOTHERAPY

### GOALS:

1. **Education & Training** – Foster comprehensive understanding and practical application of kinesiotherapy to enhance human movement, rehabilitation, and therapeutic exercise.
2. **Research & Innovation** – Promote the creation of new knowledge and innovative solutions in kinesiotherapy through critical analysis and synthesis of interdisciplinary research.
3. **Student Development** – Develop students' higher-order thinking skills, including analysis, synthesis, and evaluation, to prepare them for leadership roles in healthcare and rehabilitation.

### OBJECTIVES:

1. **Provide Quality Education** –
  - **Remembering and Understanding:** Ensure students grasp key concepts in rehabilitation, movement science, and therapeutic exercise through lectures and multimedia presentations.
  - **Applying and Analyzing:** Engage students in applying knowledge to real-world scenarios and analyzing case studies in practical settings.
2. **Advance Research & Innovation** –
  - **Analyzing and Evaluating:** Encourage students to critique and evaluate current research and methodologies in movement disorders and exercise therapy.
  - **Creating:** Support the development of innovative research projects and integration of new technologies in kinesiotherapy.
3. **Develop Skilled Professionals** –
  - **Applying and Evaluating:** Equip students with clinical competencies and ethical decision-making skills through hands-on training and ethical dilemmas discussions.

- **Creating:** Enable students to design comprehensive rehabilitation programs and interventions.
- 4. **Promote Physical Activity** –
  - **Understanding and Applying:** Teach strategies for injury prevention and fitness education to foster an active lifestyle on and off campus.
- 5. **Interdisciplinary Collaboration** –
  - **Evaluating and Creating:** Facilitate collaborative projects that integrate knowledge from health sciences, sports medicine, and rehabilitation to enhance patient care and academic programs.

### **TEACHING LEARNING STRATEGY:**

1. **Lectures & Theoretical Instruction** –
  - **Understanding:** Use interactive lectures to explain foundational kinesiotherapy principles.
  - **Applying:** Utilize case studies to connect theory with practice.
2. **Practical Training** –
  - **Applying:** Provide direct, hands-on experiences in lab settings to apply kinesiotherapy techniques.
3. **Problem-Based Learning (PBL)** –
  - **Analyzing:** Guide students to dissect and solve complex clinical cases, enhancing their analytical skills.
4. **Simulation & Technology Integration** –
  - **Applying and Analysing:** Use high-tech biomechanics labs to teach advanced topics like posture analysis and gait, facilitating both application and critical analysis.
5. **Student-Centred Learning** –
  - **Creating and Evaluating:** Encourage strategies such as flipped classrooms and peer teaching to foster creativity and self-assessment.
6. **Continuous Assessment & Feedback** –
  - **Evaluating:** Implement regular evaluations through various assessments to continuously monitor and enhance student learning outcomes.