



## **MGM INSTITUTE OF HEALTH SCIENCES**

(Deemed University u/s 3 of UGC Act, 1956)

**Grade 'A' Accredited by NAAC**

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### **Master of Physiotherapy Program Specialty - Sports Physiotherapy**

#### **Program Outcomes for Master of Physiotherapy Program**

Students who complete 2 years postgraduate program in Physiotherapy would earn a Master of Physiotherapy (MPT) specialty degree. The learning outcomes that a student should be able to demonstrate on completion of a degree level program include academic, personal, behavioral, entrepreneurial and social competencies. It is expected that a student completing a particular course must have a level of understanding of the subject and its sub-areas in consonance with the learning outcomes mentioned at the end of that course. Program learning outcomes include Physiotherapy specific skills, generic skills, transferable global skills and competencies that prepare the student for employment, higher education, research and develop them as contributing members for overall development of the society. The program learning outcomes relating to MPT degree program Specialty - Sports Physiotherapy are summarized below:

PO 1	To develop skills in cardiopulmonary resuscitation and physiotherapy care of patient in critical care units
PO 2	To develop behavioral skills and humanitarian approach while communicating with patients, relatives, society at large and co-professionals
PO 3	To understand the moral, ethical values and legal aspects concerned with Physiotherapy management, demonstrate professional ethical behavior towards client and maintain respect, dignity and confidentiality of patients
PO 4	To demonstrate academic skills and knowledge related to understanding the structural and functional of human body, applied anatomy, physiology in physiotherapy practice pertaining to cardiovascular and pulmonary system with sound clinical reasoning, detailed knowledge of exercise physiology, cardio-pulmonary rehabilitation and fitness.
PO 5	To identify the biopsychosocial component of pain and dysfunction

PO 6	To gain knowledge of biomechanics of human movement and its applications in cardio-respiratory conditions and application in Physiotherapy management.
PO 7	To integrate Physiotherapy evaluation skills to arrive at a Functional/ Physical Diagnosis in cardiovascular and pulmonary conditions, formulate treatment goals, and use sound clinical decision-making skills to assess and manage all cardiopulmonary conditions and improve fitness
PO 8	To be able to demonstrate skill in maneuvers of respiratory muscle strengthening, manual therapy techniques to improve lung hygiene, breathing control, ergonomics, cardiac and pulmonary rehabilitation,
PO 9	To demonstrate ability of critical thinking, scientific enquiry, experiential learning, personal finance, seek funding for research, entrepreneurship and managerial skills related to task in day-to-day work for personal & societal growth, develop innovative devices and techniques for treatment, produce intellectual property in specialized are of interest,
PO10	To develop and utilize basic computer applications for data management, data storage, generating data bases and for research purposes.

### **Program Specific Outcomes for Master of Physiotherapy Program Specialty - Sports Physiotherapy**

Graduates of the Master of Physiotherapy program will be proficient in skills imbibed in the undergraduate program and in addition demonstrate skills to:

PSO 1	Critically evaluate, prioritize and apply physiotherapy approaches, paradigms and techniques and utilize appropriate, evidence-based skills, techniques and practice in managing and treating people with injury, disability or illness in a range of health care and/or rehabilitation settings.
PSO 2	Identify, analyze and respond appropriately to ethical dilemmas and challenges, and ethical implications of patient/client presentations.
PSO 3	Develop a reasoned rationale for clinical evidence-based physiotherapy intervention and design appropriate treatment/management plans to meet the needs of patients/clients within legislative, policy, ethical, funding and other constraint.
PSO 4	Acquire and utilize new knowledge, research, technologies and other appropriate resources and methods to optimize, and to ensure cost-effectiveness, quality and continuous improvement of health care delivery and outcomes.
PSO 5	Prepare students for professional practice as Physiotherapists. Graduates will be able to practice across a range of settings, including rural and remote areas. Emphasis will be placed on preparing a contemporary health professional to be client-centered and to work effectively within an interdisciplinary team.
PSO 6	Work creatively and effectively whilst upholding professional standards and relationships with a range of stakeholders (including clients, colleagues, careers, families, employers, insurers and others whose presence impacts on the patient/client, and other treatment providers and

	team members) with different understandings, perspectives and priorities influencing physiotherapy practice.
PSO 7	Adapt communication styles recognizing cultural safety, cultural and linguistic diversity

### Course learning outcomes:

Course Learning outcomes are defined within the course content that makes up the program. The courses are structured such that learning is vertically and horizontally integrated into the curriculum. The CBCS curriculum offers a certain degree of flexibility in taking courses. Course learning is aligned to the program learning outcomes and graduate attributes. The MPT program is inclusive of 4 semesters inclusive of 12 core courses, ( 35 Credits), 6 ability enhancement compulsory courses (AECC- 14 credits), 6 ability enhancement elective courses (AEEC – 6 credits) and 3 discipline specific skill electives (SEC – 4 credits) and 2 generic electives (GEC – 2 credits). Clinical training (CLT) is included in each semester ( 22 credits). Research project will be submitted as a mandatory requirement for award of Master’s degree (7 credits). Evaluation of the courses vary as appropriate to the subject area, inclusive of formative and summative assessment, ongoing comprehensive assessment in the form of closed and open book tests, objectively structured practical examination OSPE , objectively structured clinical examination OSCE, problem based assignments, practical assignments, observation of practical skills, project reports, case reports, viva, seminars, essays, and others.

### Course Outcomes (CO):

#### Semester I

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Musculoskeletal Anatomy and Soft Tissue Mechanics</b>
<b>Course Code</b>	<b>MPT049</b>
<b>Credit per Semester</b>	<b>3 credits</b>
<b>Hours per Semester</b>	<b>80 hours</b>

<b>Course Outcomes</b>
<b>Student will be able to</b>

CO 1	The student will be able to identify & describe anatomical aspects of bones, tendons and ligaments as it relates to injury.
CO 2	Application of knowledge of musculoskeletal system on functional impairment based on ICF model
CO 3	To understand the Anatomical basis of various musculoskeletal conditions.
CO 4	To identify and interpret general characteristics, material properties, appropriate constitutive model, and adaptation potential for tissue

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Exercise and Sports Physiology</b>
<b>Course Code</b>	<b>MPT050</b>
<b>Credit per Semester</b>	<b>3credits</b>
<b>Hours per Semester</b>	<b>60 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Identify and describe the limitations for the energy delivery and utilization, as well as the muscular and neural limitations for aerobic and anaerobic sports
CO 2	Apply application of system concepts behind sports performance.
CO 3	Understand the advancements in understanding human response to environmental stresses and associate factors for maximizing movement performance
CO 4	present, evaluate and discuss scientific results in domain areas of sports and exercise physiology

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Sports Biomechanics and Performance Assessment &amp; Enhancement</b>
<b>Course Code</b>	<b>MPT053</b>
<b>Credit per Semester</b>	<b>4credits</b>
<b>Hours per Semester</b>	<b>100 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	To describe the biomechanical assessment of different sports
CO 2	To interpret biomechanical information related to technical fault as a risk factor for sports injury
CO 3	To be able to discuss and interpret mechanical faults in sports techniques towards injury prevention
CO 4	To Visualize and communicate sports performance to coaches

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Cardiopulmonary Resuscitation</b>
<b>Course Code</b>	<b>MPTAECC-001</b>
<b>Credit per Semester</b>	<b>2 credits</b>
<b>Hours per Semester</b>	<b>60 hours</b>

<b>Course Outcomes</b> <b>Student should be able to</b>	
CO 1	To describe the importance of high quality CPR and its impact on survival
CO 2	To Describe all steps of chain of survival
CO 3	To apply BLS concepts of chain of survival
CO 4	To Recognize signs of someone needing CPR
CO 5	To Perform high quality CPR for an adult/ child/ infant
CO6	To Describe the importance of early use of Automated external defibrillator (AED)
CO7	To demonstrate appropriate use of an AED
CO8	To Provide effective ventilations by using a barrier device
CO9	To describe the importance of teams in multi- rescuer resuscitation
CO10	Describe techniques of relief of foreign-body airway obstruction for an adult/child/infant

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Research methods</b>
<b>Course Code</b>	<b>MPTAECC002</b>
<b>Credit per Semester</b>	<b>2 credits</b>
<b>Hours per Semester</b>	<b>40 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	To understand basic concept of research, design, problems & sampling techniques of research.
CO 2	To gain knowledge of various types of study designs and planning for the same
CO 3	Plan for a research study
CO 4	To understand various methods of quantitative and qualitative data analyses
CO 5	Describe the terminology in research, ethical issues and research process.
CO 6	Describe important sources, and steps in reviewing of literature.
CO 7	To understand sampling technique, research process, data collection, biostatistics, correlation and statistical significance tests.
CO 8	To identify and to be able to participate in or conduct descriptive, explorative, survey studies in physical therapy practice with statistics.

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Bioethics, Health management and Administration</b>
<b>Course Code</b>	<b>MPTAECC003</b>
<b>Credit per Semester</b>	<b>3 credits</b>
<b>Hours per Semester</b>	<b>60 hours</b>

<b>Course Outcomes</b>	
CO 1	To describe the nature, meaning and principals of bioethics.
CO 2	To describe human dignity and human rights.
CO 3	To describe the benefit and harm of patient's right & dignity in Health care settings.
CO 4	To understand the role of constitutions and functions of W.H.O. and W.C.P.T and IAP.
CO 5	To be able to understand regarding management and administration, budget planning, leadership and teamwork.

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Teaching Technology</b>
<b>Course Code</b>	<b>MPTAECC004</b>
<b>Credit per Semester</b>	<b>3 credits</b>
<b>Hours per Semester</b>	<b>80 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	To describe the philosophies of education.
CO 2	To describe the role of education philosophies.
CO 3	To describe recent new trends and issues regarding education.
CO 4	To understand the concepts of teaching and learning with curriculum formation.
CO 5	To describe methods of teaching, and conduct educational seminars and microteachings using new trends in education.

## **Semester II**

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
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<b>Name of the Course</b>	<b>Regional Sports Injuries (Upper &amp; Lower Quadrant)</b>
<b>Course Code</b>	<b>MPT052</b>
<b>Credit per Semester</b>	<b>4 credits</b>
<b>Hours per Semester</b>	<b>100 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Identify & describe anatomical aspects of sports injuries
CO 2	Apply knowledge of musculoskeletal system on functional impairment based on ICF model
CO 3	Understand the Anatomical basis of various musculoskeletal sports injuries
CO 4	Identify etiology of sports injuries of upper and lower extremity.
CO 5	Conduct sports specific musculoskeletal assessment and plan of care

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Motor Control &amp; Skill Acquisition</b>
<b>Course Code</b>	<b>MPT051</b>
<b>Credit per Semester</b>	<b>3 credits</b>
<b>Hours per Semester</b>	<b>80 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	To describe the neuro-physiological changes associated with exercise/ training.
CO 2	To describe the role of central and peripheral nervous systems for an efficient human movement.
CO 3	To differentiate between skills of varying nature and contextualize based on population being exercised.
CO 4	To be able to prepare basic program for learners of different skill sets

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Legal issues and Professional ethics</b>
<b>Course Code</b>	<b>MPTAECC002</b>
<b>Credit per Semester</b>	<b>2 credits</b>
<b>Hours per Semester</b>	<b>40 hours</b>

<b>Course Outcomes</b>
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<b>Students will be able to</b>	
CO 1	To provide the basis for participation in clinical risk management, risk management and patient safety committees and for further training as a risk / patient safety
CO 2	To ensure improvement of patient safety and care, to the prevention and management of legal claims and to healthcare delivery in general
CO 3	To understand the professional ethics and responsibility as a therapist.

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Medical Device Innovation</b>
<b>Course Code</b>	<b>MPTGEC001</b>
<b>Credit per Semester</b>	<b>2 credits</b>
<b>Hours per Semester</b>	<b>40 hours</b>

<b>Course Outcomes Students will be able to</b>	
CO 1	Understand phases of device innovation
CO 2	Understand unmet health needs, inventing and evaluating a new technology
CO 3	Understand risks and challenges that are unique to medical device innovation

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Scientific Writing</b>
<b>Course Code</b>	<b>MPTGEC002</b>
<b>Credits per semester</b>	<b>2 credits</b>
<b>Hours per semester</b>	<b>40 hours</b>

<b>Course Outcomes Students will be able to</b>	
CO 1	Understand scientific writing process, components of a research paper

CO 2	Methods of literature search
CO 3	Attain skills of organizing and composing a scientific paper
CO4	Analyze and review scientific papers
CO5	Comprehend ethics of scientific writing
CO6	Understand the editorial process for publication

### Semester III

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty –Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Regional Sports Injuries (Head, Neck, Face&amp; Spine )</b>
<b>Course Code</b>	<b>MPT054</b>
<b>Credits per semester</b>	<b>3 credits</b>
<b>Hours per semester</b>	<b>80 hours</b>

<b>Course Outcomes</b>
<b>Student will be able to</b>

CO 1	Identify & describe anatomical aspects of sports injuries involving head, neck, face and spine
CO 2	Apply knowledge of musculoskeletal system on functional impairment based on ICF model
CO 3	Have detailed knowledge regarding etiology of sports injuries involving head, neck, face and spine

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty –Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Pediatric &amp; Adolescent Sports</b>
<b>Course Code</b>	<b>MPT055</b>
<b>Credits per semester</b>	<b>3 credits</b>
<b>Hours per semester</b>	<b>80 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	demonstrate advanced clinical reasoning skills in the assessment and management of the selected sports/performance injuries
CO 2	critically reflect on their scope of practice and their role within the multi-disciplinary team in the triage and management pathways of children and adolescents with selected athletic injuries and medical conditions
CO 3	understand and evaluate the risk assessment procedures, clinical tests, investigations and interventions used in the assessment, diagnosis and management of sport/performance related injuries

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty –Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Geriatric and Female Athletes</b>
<b>Course Code</b>	<b>MPT056</b>
<b>Credits per semester</b>	<b>3 credits</b>
<b>Hours per semester</b>	<b>80 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	demonstrate advanced clinical reasoning skills in the assessment and management of the selected sports/performance injuries
CO 2	critically reflect on their scope of practice and their role within the multi-disciplinary team in the triage and management pathways of geriatric and female athletes with selected athletic injuries and medical conditions
CO 3	Understand particular factors including diet exercise and sleep which affect health and exercise performance

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty –Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Sports Psychology</b>
<b>Course Code</b>	<b>MPT057</b>
<b>Credits per semester</b>	<b>3 credits</b>
<b>Hours per semester</b>	<b>60 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Demonstrate advanced clinical reasoning skills for psychological aspects of sports injuries and performance
CO 2	Correlate the psychological concepts with the sports and athlete specific situations
CO 3	Integrate the knowledge about personality, motor learning for behavior modification of athletes
CO 4	List down the strategies for motivation utilized in the field of sports

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty –Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Athletic Training</b>
<b>Course Code</b>	<b>MPTAECC009</b>
<b>Credits per semester</b>	<b>2 credits</b>
<b>Hours per semester</b>	<b>40 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Apply the concepts of exercise physiology and training methods to different athletes
CO 2	Understand the training methodology for improving sports performance in particular domain of sports
CO 3	Select specific characteristics of athletic potential and design an appropriate training plan

### Semester IV

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Clinical Sports Medicine</b>
<b>Course Code</b>	<b>MPT058</b>
<b>Credit per Semester</b>	<b>3 credits</b>
<b>Hours per Semester</b>	<b>80 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Understand pathology, pathophysiology, diagnosis and treatment of acute and chronic sports medicine
CO 2	Apply pathology and pathophysiology of acute and chronic medical illness in the active Population.
CO 3	Communicate effectively with physicians, staff, and patients concerning the evaluation and Management of orthopedic and sports medicine conditions.
CO 4	Accurately convey medical information to colleagues, specialists, athletic trainers and coaches

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Pain Sciences</b>
<b>Course Code</b>	<b>MPT059</b>
<b>Credit per Semester</b>	<b>3 credits</b>
<b>Hours per Semester</b>	<b>80 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Recognize and describe the mechanistic descriptors for the clinical classification of pain
CO 2	Characterize the central nervous system pathways that modulate nociceptive transmission and appraise how these systems may contribute to pain
CO 3	Discuss the complex changes that can occur in motor function in association with pain and describe how a plan of care would be individualized to address unhelpful movement behaviors (e.g., fear-avoidance)
CO 4	Use valid and reliable tools for measuring pain and associated symptoms to assess and reassess related outcomes as appropriate for the clinical context and population.

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Sports Nutrition</b>
<b>Course Code</b>	<b>MPT060</b>
<b>Credit per Semester</b>	<b>3 credits</b>
<b>Hours per Semester</b>	<b>60 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Recognize and describe the mechanistic descriptors for the clinical classification of pain
CO 2	Characterize the central nervous system pathways that modulate nociceptive transmission and appraise how these systems may contribute to pain
CO 3	Discuss the complex changes that can occur in motor function in association with pain and describe how a plan of care would be individualized to address unhelpful movement behaviors (e.g., fear-avoidance)
CO 4	Use valid and reliable tools for measuring pain and associated symptoms to assess and reassess related outcomes as appropriate for the clinical context and population.

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Sports Pharmacology</b>
<b>Course Code</b>	<b>MPT061</b>

<b>Credit per Semester</b>	<b>3 credits</b>
<b>Hours per Semester</b>	<b>20 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Understand the mechanism of drug action on sports performance
CO 2	Apply the concepts of pharmacokinetic action of drugs on optimizing systemic responses
CO 3	Educate the athletes about ill effects of drug abuse on sports performance

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Kinanthropometry</b>
<b>Course Code</b>	<b>MPTAEEC 008</b>
<b>Credit per Semester</b>	<b>2 credits</b>
<b>Hours per Semester</b>	<b>40 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Appraise the importance of body types to sports performance
CO 2	Discuss the various models of body composition to classify somatotype into sports specialization
CO 3	Interpret the anthropometrical data to evaluate effectiveness of injury prevention plans

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Physical activity &amp; Public health</b>
<b>Course Code</b>	<b>MPTAEEC 009</b>
<b>Credit per Semester</b>	<b>2 credits</b>
<b>Hours per Semester</b>	<b>60 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Appraise the importance of body types to sports performance

CO 2	Discuss the various models of body composition to classify somatotype into sports specialization
CO 3	Interpret the anthropometrical data to evaluate effectiveness of injury prevention plans

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Ergonomics</b>
<b>Course Code</b>	<b>MPTAEEC 010</b>
<b>Credit per Semester</b>	<b>1 credits</b>
<b>Hours per Semester</b>	<b>20 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Interpret the design of various workplace stations based on ergonomic principles
CO 2	Develop preventive aspects to work related musculoskeletal disorders(WRMSDs)
CO 3	Apply the ergonomic principles to workplace environment

<b>Name of the Programme</b>	<b>Master Of Physiotherapy (MPT) Specialty - Sports Physiotherapy</b>
<b>Name of the Course</b>	<b>Stress Management</b>
<b>Course Code</b>	<b>MPTAEEC 011</b>
<b>Credit per Semester</b>	<b>1 credit</b>
<b>Hours per Semester</b>	<b>20 hours</b>

<b>Course Outcomes</b>	
<b>Student will be able to</b>	
CO 1	Recognize the role of stress and coping in human wellbeing, communication, relationships, academic and work performance
CO 2	Explain the physiological dynamics involved with the stress response.
CO 3	Develop and evaluate intervention strategies for identified stressors

  
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