

DAY-1		
SI No	Topic	Faculty Name
1	Pre-Test	Dr. Saniksha (PT)
2	Introduction to Exercise Testing	Dr. Saniksha (PT)
3	Effects of Exercise	Dr. Vinay Kumar (PT)
4	Effect of Exercise on Muscular system	Dr. Vinay Kumar (PT)
5	Effect of Exercise on Nervous system	Dr. Vinay Kumar (PT)

DAY-2		
SI No	Topic	Faculty Name
1	Effect of Exercise on Circulatory system	Dr. Vinay Kumar (PT)
2	Effect of Exercise on Endocrinology system	Dr. Vinay Kumar (PT)
3	Effect of Exercise on Body Temperature & Renal System	Dr. Anjali Suresh Ph.D.
4	Introduction to exercise Testing	Dr. Anjali Suresh Ph.D.
5	Maximal Exercise Testing – 1	Dr. Likhit M (PT)

DAY-3		
SI No	Topic	Faculty Name
1	Maximal Exercise Testing – 2	Dr. Likhit M (PT)
2	Submaximal Exercise Testing – 1	Dr. Anjali Suresh Ph.D.
3	Submaximal Exercise Testing – 1	Dr. Anjali Suresh Ph.D.
4	Interpretation of Exercise Testing -1	Dr. Anjali Suresh Ph.D.

DAY-4		
SI No	Topic	Faculty Name
1	Interpretation of Exercise Testing -2	Dr. Anjali Suresh Ph.D.
2	Practical – Submaximal Exercise Testing – 6 MWT	Dr. Likhit M (PT)
3	Practical – Submaximal Exercise Testing – 12 MWT	Dr. Anjali Suresh Ph.D.
4	Practical – Submaximal Exercise Testing – Shuttle Walk Test	Dr. Likhit M (PT)

DAY-5		
SI No	Topic	Faculty Name
1	Practical – Submaximal Exercise Testing – Balke Tred Mill Test	Dr. Likhit M (PT)
3	Practical – Skin Fold Assessment – Upper Limb	Dr. Likhit M (PT)
4	Practical – Skin Fold Assessment – Lower Limb	Dr. Saniksha (PT)
5	Practical – Skin Fold Assessment – Abdomen	Dr. Saniksha (PT)

DAY-6		
SI No	Topic	Faculty Name
1	Practical – Step Test	Dr. Anjali Suresh Ph.D.
2	Practical Flexibility Test – Upper Limb	Dr. Saniksha (PT)
3	Practical Flexibility Test – Lower Limb	Dr. Saniksha (PT)
4	Practical Muscle Strength – Upper Quadrant	Dr. Saniksha (PT)

DAY-7		
SI No	Topic	Faculty Name
1	Practical Muscle Strength – Lower Quadrant	Dr. Vinay Kumar (PT)
2	Practical Muscle Strength – Trunk	Dr. Vinay Kumar (PT)
3	Practical Interpretation – Systematic	Dr. Saniksha (PT)
4	Practical Interpretation – Overall	Dr. Saniksha (PT)
5	Post-Test	Dr. Saniksha (PT)

## Dear Students / Consultants,

The R. L Jalappa College of Physiotherapy is happy to inform you that we are conducting a 'Value added course' on "Basics of Fitness Evaluation".

Fitness evaluation is an essential aspect of assessing individual health and performance. The course focuses on the physiology of exercise, understanding how different body systems adapt during physical activity. Students will gain proficiency in various exercise testing methods, including sub-maximal and maximal exercise tests, body composition assessments, and muscular performance evaluations. Practical skills, such as conducting these tests and interpreting the results, are also emphasized. By the end of the course, students will be equipped to perform basic fitness assessments and understand the underlying physiological principles, crucial for medical, nursing, and physiotherapy professionals.

### Objectives of the Course:

**Basics of Fitness Evaluation:** Exercise testing is essential for evaluating the body's response to physical activity. Key areas include:

1. **Physiology of Exercise:** Understanding how various systems (cardiovascular, respiratory, musculoskeletal) adapt during physical activity.
2. **Exercise Testing Methods:** This involves sub-maximal and maximal exercise tests, assessing body composition, and evaluating muscular performance.
3. **Interpretation of Results:** It's crucial to interpret the data gathered from exercise testing to understand individual fitness levels and health risks.
4. **Hands-on Skills:** Practical experience in conducting tests and interpreting results is essential. This includes body composition assessments and muscular evaluations.

**Target Audience:** Interns and Postgraduates of Medical and AHS students.

**Course Duration:** 30 hours

**Attendance:** for all the session is mandatory for successful completion of the course.

## For Registration:

Scan the QR code to register:



**Mandatory Registration for the event (Free)**  
**Session - Offline mode only**  
**Certificate will be issued only on successful submission of the feedback form and assessment.**

**The link for the feedback and assessment form will be shared to registered mail**

### For more details contact course coordinators

**Dr. Anjali Suresh Ph.D.**  
Professor,  
R.L Jalappa College Physiotherapy  
SDUAHER, Tamaka, Kolar

**Dr. Saniksha Sudheer Ravendikar (PT)**  
Assistant Professor,  
R.L Jalappa College Physiotherapy  
SDUAHER, Tamaka, Kolar

**Dr. Likhith M (PT)**  
Assistant Professor,  
R.L Jalappa College Physiotherapy  
SDUAHER, Tamaka, Kolar

**Dr. Vinay Kumar K (PT)**  
Assistant Professor,  
R.L Jalappa College Physiotherapy  
SDUAHER, Tamaka, Kolar

## R.L JALAPPA COLLEGE OF PHYSIOTHERAPY, Tamaka, Kolar

A Constituent college of  
**Sri Devaraj Urs Academy of  
Higher Education and Research**

(A Deemed to be University)



### VALUE ADDED COURSE

For  
: Interns and Postgraduates of Medical and AHS students.  
ON

### BASICS OF FITNESS EVALUATION

Conducted by

**R. L JALAPPA COLLEGE OF PHYSIOTHERAPY**

**07/05/2025 TO  
14/05/2025**

Venue:

**Seminar Hall, 1<sup>st</sup> floor, RLJCOPT,  
SDUAHER, Kolar-563103**