

Rajiv Gandhi University of Health Sciences, Karnataka

Final year B.P.T. Degree Examination SEPT-2018

Time: Three Hours

Max. Marks: 50 Marks

ALLIED THERAPEUTICS (OS, RS & RS2)

Q.P. CODE: 2174

Your answers should be specific to the questions asked

Draw neat, labeled diagrams wherever necessary

LONG ESSAYS (Answer any Two)

2 x 10 = 20 Marks

1. Write an essay on assessment of sportsman from physical fitness point of view.
2. Write an essay on methods and principles of acupuncture,
Classify yogasanas. Explain in detail physiological and therapeutic effects of yogasanas.

SHORT ESSAYS (Answer any Eight)

8 x 5 = 40 Marks

4. Describe relaxation techniques in stress management.
5. What are micronutrients? Explain its importance.
6. Respiratory changes with aerobic training
7. Determinants of health
8. Open and closed link exercises
9. Blood doping
10. Dangers of strength training in child athletes
11. Write about balanced diet and recommended dietary allowance (RDA)
12. What is Sun therapy? Explain briefly
13. Different types of Pranayama and its uses

SHORT ANSWERS

10 x 2 = 20 Marks

14. Shavasana
15. Define meridians
16. 2 effects of dhanurasana
17. Uses of cool down period
18. Shuttle test
19. Ballistic stretching
20. Define flexibility exercises. Give two examples
21. Define yin and yang
22. What is food pyramid
23. Fat free mass

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