



Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T. Degree Examination - 29-Jan-2021

Time: Three Hours

Max. Marks: 100 Marks

EXERCISE THERAPY (RS3 & RS4)

Q.P. CODE: 2711

Your answers should be specific to the questions asked.

Draw neat labeled diagrams wherever necessary.

LONG ESSAYS (Second Question Choice)

2 x 10 = 20 Marks

1. Write an essay on relaxation techniques and its uses.
2. Write an essay on facilitation techniques.

OR

Explain in detail about suspension therapy, principles, and types of suspension therapy.

SHORT ESSAYS (Question No 3 & 12 choice)

10 x 5 = 50 Marks

3. Principles of postural Re-Education.
4. Advantages and disadvantage of group exercises.
4. Types of aerobic training.
5. Measurement of limb length.
6. Asanas and its effects on the body.
7. Contraindication of hydrotherapy in detail.
8. Principles of mobilization.
9. Indications and contraindications for active movement.
10. Techniques of massage manipulations
11. Functional Re Education for upper limb
12. Physiological changes during aerobic training.

OR

Precaution and contraindications of stretching.

SHORT ANSWERS

10 x 3 = 30 Marks

13. Effects of pranayamas
14. Endurance testing
15. Indications for resisted exercises
16. Indication for axillary crutches
17. Indications for passive movement
18. Indications of goniometry
19. Balance training.
20. Importance of group therapy
21. Limitations of MMT
22. Endurance