



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 (RS5)

Q.P. CODE: 2740

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. What is stretching? Explain the methods of stretching contracted skeletal muscles.
2. What are the techniques used in massage therapy? List indications and contraindications for massage.

OR

What is manual muscle testing? Explain any two grading techniques for assessing muscle power.

SHORT ESSAYS (Question No 3 & 12 choice)

10 x 5 = 50 Marks

3. Describe the procedure of pulmonary function testing.

OR

Explain the types of muscle contractions.

4. Describe crutch and its types.
5. What are the types and uses of suspension therapy?
6. Explain open vs closed chain exercises.
7. What are the advantages and disadvantages of group exercises?
8. Explain Frenkel's exercises.
9. Describe deconditioning.
10. Name the flexibility tests and explain any one.
11. Explain Pranayama in yoga.
12. What are the properties of water?

OR

Describe principles of PNF.

SHORT ANSWERS

10 x 3 = 30 Marks

13. Define Proprioception.
14. What is BRIME?
15. Write in short Mitchel's relaxation method.
16. What is rhythmic stabilization?
17. Define MET.
18. Define friction and its types.
19. What is Flat back posture?
20. What is Centre of buoyancy?
21. Mention the types of goniometer.
22. List the indicators of relaxation.