



# Rajiv Gandhi University of Health Sciences, Karnataka

**II Year B.P.T. Degree Examination - 09-Mar-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 suspension therapy for knee joint.
2. Write in detail about principles, indications, effects and uses of hydrotherapy.

**OR**

Write in detail about posture - types, kinetics and kinematics, and the postural control mechanism.

**SHORT ESSAYS (Question No 3 & 12 choice)****10 x 5 = 50 Marks**

3. Principles of MMT.

**OR**

Open chain and closed chain exercises.

4. Explain circuit weight training.
5. Explain Delormes method.
6. PNF for upper limb.
7. Evaluation of balance.
8. Grades of mobilization.
9. Indications, contraindications for passive movement.
10. Different types of active assisted exercises.
11. Cardiovascular changes with aerobic training.
12. Anthropometric measurement.

**OR**

Principles of resisted exercise.

**SHORT ANSWERS****10 x 3 = 30 Marks**

13. Two tests for sensation.
14. Relaxation methods.
15. Effects of stretching.
16. Oxford method of muscle testing.
17. Uses of passive movement.
18. coordination & In-Coordination.
19. Concentrics versus eccentric exercises.
20. Circuit weight training.
21. Goals of PNF.
22. Types of suspension therapy.