



**FUNDAMENTALS OF KINESIOTHERAPY & KINESIOLOGY**

**Total Duration: Section A+B = 3 hours**

**Date: 16/01/2019**

**Total Marks: 80**

**Instruction:**

1. Use blue/black ball point pen only.
2. Do not write anything on the blank portion of the question Paper. If written anything, such type of act will be considered an attempt to resort to unfair means.
3. All questions are compulsory.
4. The number to the right indicates full marks.
5. Draw diagrams wherever necessary.
6. Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
7. Use a common answer book for all Section.

**SECTION — A SAQ (40 Marks)**

**A. Short answer questions (Any five out of Six) : (5x3=15)**

- a) State Newton's second law of motion with example.
- b) Define Biomechanics & classify the same.
- c) Range of muscle work.
- d) Define Center Of Gravity, Base Of Support & equilibrium.
- e) Write note on passive insufficiency of a muscle.
- f) Note on movable pulley.

**B. Short answer questions (Any five out of Six) : (5x7=35)**

- a) Define Relaxation. Describe any one method in detail.
- b) Explain the principle of passive movements in detail.
- c) Explain standing position & write its muscle work.
- d) Write note on types of muscle work.
- e) Open Vs close kinematic exercises.
- 0 Explain in details vertical suspension & give any one example of it.

**SECTION — B LAQ (15 Marks)**

- Q. C)** Describe Axes & planes in details with examples. Define angle of pull, movement arm of a force & their importances. **(15\*1=15)**

**OR**

Write in detail classification of massage manipulations. Describe in detail about the types, effects & uses of kneading manoeuvre.

- Q. D)** Define a lever. Which are different types of levers? Write in detail about all types of levers in the human body with one example, add note of Medical Advantage. **(15\*1=15)**

**OR**

Define Goniometry. Discuss principles of Goniometry giving an example of shoulder joint. Describe various types of Goniometer.

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