

Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T. Degree Examination – SEP-2017

Time: Three Hours

Max. Marks: 100 Marks

EXERCISE THERAPY

(RS – 3 & RS - 4)

Q.P. CODE: 2711

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. Classify the techniques of Massage. Give the physiological effects of Massage. Describe any ONE.
2. Give the principles of MMT. Explain methods of assessment of deltoid from Grade 2 - 5.
3. List the principles of hydrotherapy. Describe each in detail with examples.

SHORT ESSAYS (Answer any Twelve)

12 x 5 = 60 Marks

4. Enumerate 5 starting positions. Describe in detail any ONE.
5. Explain the types of aerobic training.
6. List types of walking aids. Explain two in detail.
7. Enumerate types of trick movements. Describe any one in detail.
8. Explain the various types of goniometers used.
9. Define types of posture. Give principles of postural re-education.
10. Give the types of passive movements with examples.
11. Explain the principles and uses of relaxation.
12. Give the advantages of MMT.
13. Explain use of axial suspension for knee joint.
14. Describe 5 methods to mobilize a stiff joint.
15. Explain the therapeutic effects of massage.
16. Describe the principles of PNE techniques.
17. Describe measurement of apparent length.

SHORT ANSWERS

10 x 2 = 20 Marks

18. Give the importance of measuring pelvic inclination.
19. Give 2 uses of resistance exercise.
20. Describe any one asana with example.
21. Define the term BRIME.
22. Advantages of group exercise (any two).
23. Give 2 contraindications for active exercise.
24. List 2 uses of balance training.
25. Give 2 tests of in -coordination.
26. Give 2 contraindications of massage.
27. What is dynamic power test?
