

# 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-5)**

**Q.P. CODE: 2740**

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. What are aerobic exercises? Explain the principles of aerobic exercise training and its effect on cardiovascular system.
2. Describe the physiology of balance and the components of balance.
3. Explain relaxation and write about Jacobson's relaxation.

### **SHORT ESSAYS (Answer any Twelve)**

**12 x 5 = 60 Marks**

4. Explain the types of suspension therapy.
5. Explain the ATP-PCr system during exercise.
6. List out starting positions. Explain any one starting position with the muscle activity.
7. Write about open chain and closed chain exercise.
8. Advantages and disadvantages of group exercises
9. Use of Frenkles exercise and its progression
10. Merits and demerits of Hydrotherapy
11. Write about mat exercises.
12. Indications and contraindications of joint mobilization
13. Principles and technique of Free exercises
14. What is progressive resisted exercise? Explain oxford technique.
15. Technique of Goniometric measurement for Ankle Joint
16. Write in brief about concentric and eccentric exercise with examples.
17. Write in brief about the angle of pelvic inclination.

### **SHORT ANSWERS**

**10 x 2 = 20 Marks**

18. Define stride length.
19. Isokinetic exercises
20. BRIME
21. Gutter Crutch
22. Define equilibrium.
23. SAID principle
24. 10RM
25. Vo2 Max
26. Active and inactive posture
27. Two tests for inco-ordination

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