

[LH 6270]

AUGUST 2015

Sub. Code: 6270

**B.P.T. DEGREE EXAMINATION**  
**SECOND YEAR / III & IV SEMESTER**  
**PAPER III – EXERCISE THERAPY - I**

*Q.P. Code: 746270*

**Time : Three Hours****Maximum : 100 marks****Answer ALL questions****I. Elaborate on:****(2 x 20 = 40)**

1. Discuss briefly about various phases of gait cycle. Add a note on pathological gaits.
2. Describe the classification of massage and the physiological effects of massage on various body systems.

**II. Write notes on:****(8 x 5 = 40)**

1. Positions derived from standing.
2. Values of group exercise.
3. PNF- Patterns of facilitation.
4. Tests for neuromuscular efficiency.
5. Effleurage.
6. Principles of relaxed passive movements.
7. History of massage.
8. Effects of immobilization, injury.

**III. Short Answers on:****(10 x 2 = 20)**

1. Pendulums.
2. Pelvic tilt.
3. Elasticity.
4. Types of muscle work.
5. Aims of exercise therapy.
6. Tendon- Gliding exercises.
7. Pelvic floor muscle exercises.
8. Fitness.
9. Benefits of Tapotement.
10. Endurance.

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