

[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.
