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**First B.P.Th. (2012) Examination, Summer 2016**  
**FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY**

Total Duration : Section A + B = 3 Hours

Total Marks : 80

SECTION - A & SECTION - B

- Instructions :**
- 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 as 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** Sections.

SECTION - A SAO (50 Marks)

1. Short answer question (**any five** out of six) : **(5x3=15)**
  - a) Enumerate axis and planes with examples.
  - b) What are the parts of parallel bars ?
  - c) State Newton's second law with example.
  - d) Define line of gravity.
  - e) Write advantages of relaxation.
  - f) Write advantages of free exercises.
2. Short answer question (**any five** out of six) : **(5x7=35)**
  - a) Explain the different types of equilibrium with one example each.
  - b) Give the effects and uses of hydrotherapy.
  - c) Give the effects and uses of resisted exercises.
  - d) Describe the effects and uses of warm up and cool down phases.
  - e) Give the principles of Yoga. Describe and give the uses of Paschimottasan.
  - f) Describe sitting as a fundamental starting position.

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SECTION — B LAO (30 Marks)

3. Long answer question (**any one** out of two) :

(1×15=15)

- a) Describe and classify methods of suspension therapy. Write down the advantages and apparatus used in suspension therapy.
- b) Define and classify massage. Discuss in detail about the types, effects and uses of kneading manoeuvre.

4. Long answer question (**any one** out of two) :

(1×15=15)

- a) Describe the principles and uses of goniometry. Write about the different types of goniometers.
- b) Define a lever. Which are the different types of levers ? Write in detail about all types of levers in the human body with one example each.

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