

**63114**

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

Total Duration : 3 Hours

Total Marks : 80

- 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 answerbook for **all** Sections.

SECTION — A SAQ (50 Marks)

1. Short answer question (**any five** out of six) : **(5x3=15)**
 - a) Write types of equilibrium.
 - b) Enumerate cardinal Planes and Axes.
 - c) Range of muscle work.
 - d) State Newton's First Law with example.
 - e) Define** Center of Gravity and Line of Gravity
 - f) Define Third order lever with one example.

2. Short answer question (**any five** out of six) : **(5x7=35)**
 - a) Describe classification of movements with examples.
 - b) Describe the principles of relaxation.
 - c) Describe the effects of warm up and cool down phase of Aerobic exercise programme.
 - d) Describe the equipments used to improve joint mobility in therapeutic gymnasium.
 - a) Describe Indications and contraindications to Hydrotherapy.
 - f) Describe group action of muscles (agonist, antagonist, synergist and fixators).

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SECTION B LAO (30 Marks)

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

(1×15=15)

- a) Define and classify methods of suspension therapy. Describe the apparatus and accessories used for the suspension.
- b) Describe principles and uses of goniometry. Write down different types of goniometers. Describe in detail the universal goniometer.

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

(1 x15=15)

- a) Define massage. Describe classification of massage manipulations. Add a note on Physiological and therapeutic effects of massage.
 - b) Describe the muscle work in fundamental standing position. Describe the derived positions from standing by alteration of trunk and legs.
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