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63114

First BPTH (2012) Examination, Winter 2017
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 answerbook for **all** sections.

SECTION - A SAQ (50 Marks)

1. Short answer question (**any five** out of six) :

(5x3=15)

- Shoulder Wheel.
- Write a note on movable pulley.
- Trikonasana.
- Importance of warm up exercises.
- Write a note on Parallelogram of forces.
- Axes and Planes.

2. Short answer question (**any five** out of six) :

(5x7=35)

- Effects and uses of Free Exercises.
- Explain Hanging as a Starting position. Write its muscle work.
- Define Relaxation. Describe any one method in detail.
- Physiological effects of massage.
- Effects and uses of Group Exercises.
- Newtons laws of motion.

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SECTION — B LAQ (30 Marks)

3. Long answer question (**any one** out of two) : (1 x15=15)

- a) Write the principles of suspension therapy. Explain Axial suspension in detail with its effects and uses.
- b) Define a lever. Which are the different types of levers ? Write in detail about the different types of levers with one example each in the human body:

4. Long answer question (**any one** out of two) : (1x15=15)

- a) Describe types of Goniometers. What are uses of Goniometry ? Write principles of Goniometry.
- b) Define Passive movements. Write about the classification and indication of passive movements. Write about the effects and uses of passive movements.
