

**63114**

First B.P.Th. (2012) Examination, Winter 2018
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY

Total Duration : Section A + B = 3 Hours

Total Marks : 80

SECTION — A and 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 **SAO (50 Marks)**

1. Short answer question (**any five** out of six) : **(5x3=15)**
 - a) Newton's 3rd law of motion.
 - b) Uses of Bhujangasana.
 - c) Define center of gravity.
 - d) Describe types of pulleys and its uses.
 - e) Describe parallel bars and its 2 uses.
 - f) Describe eccentric muscle action with one example.
2. Short answer question (**any five** out of six) : **(5x7=35)**
 - a) Give uses of mobility aids in physiotherapy and describe any two mobility aids for upper extremity.
 - b) Write types of equilibrium with one example of each.
 - c) Describe hanging as starting position. Give its muscle work.
 - d) Enumerate different types of suspension. Describe vertical suspension in detail with one example.
 - e) Write indications and contraindications for hydrotherapy.
 - f) Describe different axes and planes. Describe axis and plane for hip flexion movement.

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63114

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SECTION — B LAO (30 Marks)

3. Long answer question (**any one** out of two) : (105=15)
- a) Describe principle of relaxation. Describe Jacobson's and reciprocal method of relaxation. (5+10)
 - b) Write in detail types of Goniometers. Write merits and demerits of Goniometer. Explain Universal Goniometer in detail. (2+4+4+5)
4. Long answer question (**any one** out of two) : (1x15=15)
- a) Write about uses of warm up and cool down exercises. Describe the merits of group exercises and write in detail about organization of group exercises. (3+3+4+5)
 - b) Explain the types and principles of Active Movements. Mention differences between Active and Passive Movements with one example each. (10+5)
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