

Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T. Degree Examination – Aug 2013

Time: Three Hours

Max. Marks: 100 Marks

EXERCISE THERAPY

(RS – 3 & RS - 4)

Q.P. CODE: 2711

Your answers should be specific to the questions asked

Draw neat labeled diagrams wherever necessary

LONG ESSAYS (Answer any Two)

2 x 10 = 20 Marks

1. What is Proprioceptive Neuromuscular Facilitation? Write about its principles and techniques of facilitation to improve mobility and strength.
2. Define Stretching. Explain the determinants, techniques, contraindications and effects of stretching.
3. Define Asanas and Pranayamas. Write about its principles, types and Contraindications.

SHORT ESSAYS (Answer any Twelve)

12 x 5 = 60 Marks

4. What are Starting positions and its uses?
5. Write a note on Static and Dynamic Power tests with examples.
6. Write a note on Co-ordination tests.
7. Write about Pulmonary Function Test and its importance.
8. Write a note on Jacobsons relaxation technique.
9. What are the uses and limitations of Goniometry?
10. Define Free exercises. Write about types and uses of free exercises.
11. Define Resisted exercises. Write in brief about its principles and uses.
12. Define Functional Re-education and write a note on Mat activities.
13. Write a note on grades of Mobilisation.
14. Define Closed-chain exercise, its effects with 2 examples.
15. Write a note on Isotonic exercises.
16. What is Anthropometry and its uses?
17. Write about principles and uses of Passive movements.

SHORT ANSWERS

10 x 2 = 20 Marks

18. Endurance test
19. True limb length and its importance
20. What is Muscle tone and Postural tone?
21. Define Active movement.
22. 2 examples of isometric exercises
23. Define Open chain exercises.
24. 4 uses of Effleurage
25. Define Active and inactive postures.
26. 4 effects of Aerobic exercises
27. 2 types of Hydro Therapy techniques
