

Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T. Degree Examination - SEP 2016

Time; Three Hours

Max. Marks: 100 Marks

EXERCISE THERAPY
Your answer should be specific to the questions asked &
Draw neat labeled diagrams wherever necessary

LONG ESSAYS (Answer any 3)

Q.P. CODE: 2711

2 x 10 =

After
8-12
marks

1. Explain Starting Positions In Detail with the muscle activity for each.

2. Explain the **principles of** aerobic exercise training. Mention the effects of this training on **the various systems of the body**.
3. Define massage, Classify massage with indications and contraindications.

SHORT ESSAYS (Answer any Twelve)

12 x 5 60 Marks

Testing for superficial & deep sensations

5. Describe 5 principles of PNF technique
6. Types of active movements
7. Give 5 limitations of goniometry
8. Types of suspension therapy
9. Give 5 principles of Manual Muscle Testing (MMT)
10. Describe the stretching technique for hamstring tightness
11. Describe limb length measurement techniques in upper limb
12. List **the** types of walking aids with their uses
13. Define passive movement. Explain the types of **passive** movement
14. Explain Anthropometric measurements
15. Define functional re-education and mention the stages from lying to sitting
16. Describe the types of muscle contraction with examples
17. Explain **the** methods of progressive strength training

SHORT ANSWERS

10 x 2 = 20 Marks

18. What is Ballistic Stretching? **1g**. What are the advantages of Mat exercises?
20. Give 2 uses of massage
21. Describe 2 uses of goniometry
22. Give 2 advantages of endurance exercise
23. Give 2 benefits of practicing Asanas
24. Give 2 uses of treadmill
25. Give 2 differences between eccentric contraction **and stretching**
- 26 What is 10 RM?
- 27 What is BRIME?