First B.P.T.H. (Revised) Examination, Summer 2017
FUNDamentals of EXERCISE THERAPY – IV

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):

   a) Define Center of Gravity in relation to human body.
   b) Give any three effects of Trikonasana.
   c) Enumerate any 3 uses of parallel bars with examples.
   d) Give any 3 Benefits of Group Exercises.
   e) Define Eccentric muscle work with one example.
   f) State Newton’s third law of motion with an example.

   (5x3=15)

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

   a) Describe types of suspension with example.
   b) Describe types of levers with examples of human body movements.
   c) Describe Classification of movements with examples of each.
   d) Describe Indications and contraindications to Hydrotherapy.
   e) Describe derived positions from standing by alteration of trunk and lower extremities.
   f) Describe benefits of warm up and cool down phase.

   (5x7=35)

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3. Long answer question (any one out of two) : 
   (1x15=15)
   a) Describe axes and planes with examples and well labelled diagrams. Describe in detail axis and planes for all hip joint movements.
   b) Describe in detail about the Physiological and Therapeutic effects of massage.

4. Long answer question (any one out of two) : 
   (1x15=15)
   a) What are the principles of general body relaxation? Explain Jacobson's method and reciprocal method of relaxation.
   b) Describe uses of goniometry. Describe different types of goniometers. Add a note on normal range of motion of various movements in upper extremity.