First BPTH (Revised), Winter 2015
Fundamentals of Exercise Therapy - IV

Total Duration : Section A + B = 3 Hours

Section - A & Section - B

Total Marks : 80

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 answer book for all sections.

Section "A" SAQ (50 Marks)

1. Short answer question (any five out of six) :  
   a) Write any six contraindication of massage.
   b) Define progressive Relaxation.
   c) Enumerate Cortical Sensations.
   d) Define and enumerate types of equilibrium.
   e) Describe Shoulder wheel and its uses.
   f) Newtons First Law of Motion.

   (5x3=15)

2. Short answer question (any five out of six) :  
   a) Define hydrotherapy. Describe any two physical properties of water. Write merits and demerits of it.
   b) Explain components of the Aerobic exercise program.
   c) Define Starting positions. Classify Fundamental Starting Positions and Write effect and uses of any two Fundamental Starting Positions.
   d) Define and Classify passive movement. Explain principles of relaxed passive movements.
   e) Define Yoga and Describe Principles of Yoga therapy

   (5x7=35)

Section "B" LAQ (30 Marks)

3. Long answer question (any one out of two) :  
   a) Define force. (2)
      Describe types of force with example. (5)
      Discuss in detail composition and resolution of force. (8)

   (1x15=15)

https://www.onlinesir.com
4. Long answer question (any one out of two):
   (1×15=15)
   a) Define suspension therapy. (2)
      Enumerate advantages of suspension therapy. (5)
      Describe different types of suspension therapy with an example of strengthening of right hip abductors. (8)
   b) Define lever. (2)
      Describe different types of lever with giving suitable example and neat diagram with respect to human body. (8+5)