First B.P.Th. (Revised) Examination, Summer 2015
FUNDAMENTALS OF EXERCISE THERAPY
(Syllabus of Revised is Applicable to Old/New)

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 answer book for all Sections.

SECTION – A

(SAQ) (50 Marks)

1. Short answer question (any five out of six) :
   a) Define Pulley. State types of pulley.
   b) State law of inertia.
   c) Enumerate any three Asanas in standing position.
   d) Enumerate different type walking aids.
   e) Define Center of gravity.
   f) Define starting position. Classify fundamental starting positions.

2. Short answer question (any five out of six) :
   a) Describe different type of limb length measurement for lower limb.
   b) Define massage and Classify massage manipulation.
   c) Define Axis, Plane and Equilibrium. Describe different types of equilibrium with example.

P.T.O.
d) Write principles of Goniometry. Write advantage of universal goniometer.

e) What is Suspension therapy? Explain types of Suspension therapy in detail.

f) Describe in detail any three Therapeutic equipment used to improve ROM of Shoulder joint.

SECTION – B

(LAQ) (30 Marks)

3. Long answer question (any one out of two):

   a) Define Movement. Write a note on classification of movement.

      Write principles, effects and uses of passive movements. (2+3+10)

   b) Define Hydrotherapy and describe physical properties of water.

      Write merits and demerits of hydrotherapy and Precautions of Hydrotherapy. (4+6+5)

4. Long answer question (any one out of two):

   a) What is relaxation? Describe in detail about methods of relaxation.

      Write principle of it. (2+7+6)

   b) Define Lever. Describe different types of lever with example.

      Discuss role of lever in physiotherapy. (2+7+6)