FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY – 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 answer book for all Sections.

SECTION – A
(SAQ) (50 Marks)

1. Short answer question (any five out of six):
   a) Write the factors on which stability of body depends.
   b) Define biomechanics and classify the same.
   c) Dhanurasana.
   d) Note on Movable pulley.
   e) Write note on parallelogram of forces.
   f) Write a note on Passive insufficiency of a muscle.

2. Short answer question (any five out of six):
   a) Write a note on Types of muscle work.
   b) Explain Sitting position and write its Muscle work.
   c) Explain the Principle of passive movement in detail.
   d) Define relaxation. Describe any one method in detail.
   e) Write a note on Physics mechanics related to Hydrotherapy.
   f) Any three Derived position in Standing with it uses and effect.
SECTION – B (LAQ) (30 Marks)

3. Long answer question (any one out of two):
   a) Describe Anatomical lever and explain its types with example. (5+10)
   b) Describe the various cardinal Axis and Planes. Write Newton's laws of motion. (8+7)

4. Long answer question (any one out of two):
   a) Write the principles of Goniometry and write the Types of Goniometers and explain measurement of hip abduction ROM. (5+5+5)
   b) What is massage? Indication and contraindications of massage. Explain the back massage in detail. (2+5+8)