First BPTH (2012) Examination, Summer (Phase - II) - 2019
FUNDAMENTALS OF KINESIOLOGY AND KINESIOOTHERAPY - 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): [5 x 3 = 15]
   a) What is Pendulum?
   b) Write the position of tadasana.
   c) Define Kinetics and Kinematics.
   d) Define Angle of pull.
   e) Enumerate 3 types of Resistance bands.
   f) Define Range of muscle work along with types.

2. Short answer question (any five out of six): [5 x 7 = 35]
   a) Describe Positions derived from lying.
   b) Describe Active & Passive Insufficiency.
   c) Describe Levers with examples in human body.
   d) Describe Physiological effects of Aerobic exercises.
   e) Describe effects of General relaxation.
   f) Describe Effects and uses of Relaxed passive movements.
SECTON - B LAQ (30 Marks)

3. Long answer question (any one out of two) : [1 × 15 = 15]
   a) Describe 
      Indications, contraindications, Physiological Effects of massage.
   b) Define axis & plane with examples of each. Describe the movements of Hip & Shoulder joint in reference to axes & planes.

4. Long answer question (any one out of two) : [1 × 15 = 15]
   a) Describe 
      Effects and uses of hydrotherapy along with Physical properties of water.
   b) Define Goniometry Describe Uses of Goniometry along with types of goniometer.

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