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 answerbook for all sections.

SECTION - A (SAQ) (50 Marks)

1. Short answer question (any five out of six):
   a) Agonists and antagonists
   b) 3 Contraindication to hydrotherapy
   c) Law of inertia
   d) Concentric muscle contraction
   e) Finger ladder
   f) Naukasana

   [5 x 3 = 15]

2. Short answer question (any five out of six):
   a) Goniometry-Definition, types of goniometer with their uses.
   b) Fundamental sitting position.

   [5 x 7 = 35]

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c) Types of equilibrium and state the factors on which stability depends.

d) Describe Jacobson's and Laura Mitchell's method of relaxation.

e) Accessories used in suspension therapy and advantages of suspension therapy.

f) Principles of relaxed passive movements.

**SECTION - B (LAQ) (30 Marks)**

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

   a) Describe anatomical lever. Classify and describe each with example and diagram. 
      \[1 \times 15 = 15\]
      \[6+9\]

   b) Define and Describe cardinal Axes and planes in detail. Define biomechanics classify and describe each branch. 
      \[18+7\]

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

   a) Define derived position. Describe postures derived from fundamental standing position by altering arm and leg positions. Describe their effects and uses. 
      \[1 \times 15 = 15\]
      \[3+8+4\]

   b) What is resisted exercise? Mention the accessories used to resist the exercises. Describe principles, effects and uses of resisted exercises. 
      \[1 \times 15 = 15\]
      \[2+4+5+4\]