FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY - IV

Total Duration: 3 Hours
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):
   [5 \times 3 = 15]
   a) Angle of pull.
   b) Centre of gravity.
   c) Effects of Passive movements.
   d) Vestibular Ball.
   e) Naukasana.
   f) Enumerate the different axes and planes.

2. Short answer question (any five out of six):
   [5 \times 7 = 35]
   a) Define group exercises. Give its effects and uses.
   b) Define hydrotherapy. Give the effects and uses of hydrotherapy.
   c) Give the effects and uses of relaxation. Describe the contrast method of relaxation.
d) Enumerate the accessories to improve strength in the therapeutic gym. Explain the uses of any three.

e) Define effleurage. Give its effects and uses.

f) Define active movements. Give its effects and uses.

SECTION “B” LAQ (30 Marks)

1. Long answer question (any one out of two): [1 × 15 = 15]
   a) Define Goniometry. Give the principles and uses of Goniometry. Describe the different types of goniometers.
   b) Define passive movements. Give the principles and uses of passive movements.

4. Long answer question (any one out of two): [1 × 15 = 15]
   a) Define levers, describe the different types of levers in the human body with one example for each.
   b) What are the principles of suspension therapy? What are the different types of suspensions? Describe any one type of suspension with an example.

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