First BPTH (Revised) Examination, Summer 2018
FUNDAMENTALS OF EXERCISE THERAPY – 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 section.

SECTION – A (50 Marks)
(SAQ)

1. Short answer question (any five out of six):
   a) Define centre of Gravity for an object of uniform and irregular shape.
   b) Define Inertia with example.
   c) Define Hook’s Law.
   d) Name the different types of Goniometer with its use.
   e) Describe the technique of measuring chest expansion.
   f) Importance of Warm Up Exercise.

2. Short answer question (any five out of six):
   a) Physical properties of water and Fluid Resistive Forces (FRF) acting on an object moving in water.
   b) Describe in details the technique of Limb length measurement for lower limb. State its clinical use.

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c) Draw and describe axillary crutch. How do you decide the size of crutch to be given, describe the technique in details.

d) Define group exercises and state its advantages and disadvantages.

e) Define Progressive Resisted Exercises (PRE). Describe any two ‘PRE’ protocols used for strengthening muscles.

f) Explain Axes and planes. State its use. Why do we need to study it?

SECTION – B (30 Marks)

(LAQ)

3. Long answer question (any one out of two) : (1×15=15)
   a) Define Massage. Classify Massage. Explain Petriassage in Back Massage.
   b) Define Lever. Describe its types with examples of body levers. Add a note on Mechanical advantage.

4. Long answer question (any one out of two) : (1×15=15)
   a) Define Starting position. Explain Fundamental Standing position with muscle work. Add a note on effects and uses of standing position.
   b) Classify Movements. Write principals, effects & uses of passive movements.

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