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 X 3 = 15)
   a) Creep
   b) Scoliosis
   c) Goals of breathing exercises
   d) Trick movements
   e) Advantages & Disadvantages of bipedal posture
   f) Ballistic stretching

2. Short Answer Question (any five out of six)  
   (5 X 7 = 35)
   a) Describe hold relax techniques of stretching
   b) Stress strain curve
   c) Describe different types of breathing
   d) Gait pattern with crutches
   e) Types of mobility exercise & contraindications for mobility exercises
   f) Different types of contractures
3. Long Answer Question (any one out of two):
   a) Define posture. Discuss the analysis & deviations in standing posture. \( (1+7+7) \).
   
   b) Explain the principles of MMT & strength testing of pectoralis major muscle \( (7+8) \).

4. Long Answer Question (any one out of two):
   a) Define stretching. Add a note on determinants of stretching, types & effects of stretching. \( (2+9+4) \).
   
   b) Define joint mobility. Factors affecting joint mobility. Explain mobility exercises for knee flexion & extension. \( (1+4+10) \).

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