

2010 Scheme

Q.P. Code: 203014

Reg. No.:.....

Second Year BPT Degree Supplementary Examinations February 2023 Exercise Therapy

Time: 3 hrs

Max marks: 100

- Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space
- Answer all parts of a single question together • Leave sufficient space between answers
- Draw table/diagrams/flow charts wherever necessary

Essays

(2x10=20)

1. What are aerobic exercises. Explain the principles of aerobic exercise training and its effect on cardiovascular system.
2. Define Anthropometry. Explain principles, techniques uses and limitations of Anthropometric measurements.

Short notes

(10x5=50)

3. Explain the limb length measurement in detail.
4. Functional re-education.
5. Explain the technique of strengthening of elbow flexors from grade 1 to grade 3.
6. Advantages and disadvantages of group exercises.
7. Enumerate the principles of PNF.
8. Define hydrotherapy. Enumerate the precautions and contraindications of hydrotherapy.
9. What are the effects and uses of resisted exercises.
10. Define functional re-education and write a note on mat activities.
11. Explain the methods of progressive strength training.
12. List the types of walking aids with their uses.

Answer briefly

(10x3=30)

13. Give uses of massage.
14. Give benefits of practicing asanas.
15. 10RM.
16. Free exercises.
17. Examples for open chain and closed chain exercises.
18. Name the critical elements of exercises.
19. Define posture.
20. What is axial suspension.
21. Differentiate between spasticity and tightness.
22. Define work and endurance.
