

Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T Degree Examination – 20-May-2023

Time: Three Hours

Max. Marks: 100

EXERCISE THERAPY (RS-5)

Q.P. CODE: 2740

Your answers should be specific to the questions asked
Draw neat, labeled diagrams wherever necessary

LONG ESSAYS (Second Question Choice)

2 x 10 = 20 Marks

1. Define Proprioceptive Neuromuscular Facilitation (PNF). Explain in detail about the techniques of facilitation in PNF. List the components of PNF
2. Define Pulmonary Function Test (PFT). List the types of PFT and add note on lung volumes and capacities

OR

List the causes for inco-ordination. Add note on the anatomy and physiology of cerebellum with its pathway

SHORT ESSAYS (Question No 3 & 12 choice)

10 x 5 = 50 Marks

3. Acute and chronic physiological responses to exercise training

OR

List the basic energy system. Add note on fatigue and its causes

4. Explain two static and dynamic power tests
5. Classify passive movements. Add note on principles, effects and uses of passive movements
6. Explain about the functional re-education for improving movement and stability at floor level
7. Grades of MMT. Add note on MMT for Biceps Brachii
8. Define VO₂ Max. Add note on FITT principle
9. Explain the phases of gait cycle and determinants of gait
10. Classify muscle fibers. Add note on muscle fiber adaptation on endurance training
11. List the types of Pranayamas. Add note on principles and benefits of Pranayamas
12. Explain about pre crutch training. Add note on axillary crutch measurement

OR

Determinants and physiological effects of stretching

SHORT ANSWERS

10 x 3 = 30 Marks

13. List the anthropometric measurements
14. De Lormes regimen
15. Describe the grades of mobilization
16. Specificity principle
17. Brief Resisted Isometric Exercises (BRIME)
18. Buoyancy and hydrostatic pressure
19. Concave-convex rule with examples
20. List any three endurance tests
21. Components of balance
22. Define good posture and list the factors affecting posture
