

**Rajiv Gandhi University of Health Sciences, Karnataka**  
**II Year B.P.T Degree Examination – 25-Nov-2024**

**Time: Three Hours**

**Max. Marks: 100 Marks**

**EXERCISE THERAPY (RS5)**

**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. Write an essay on physiology and components of balance.
2. Write an essay on types of resisted exercises. Briefly explain progressive resisted exercises.

**OR**

Write an essay on Proprioceptive neuromuscular facilitation. List the components of PNF.

**SHORT ESSAYS (Question No 3 & 12 choice)**

**10 x 5 = 50 Marks**

3. Describe the principles of passive movements.
4. Explain anthropometric measurements.
5. List the types and uses of walking aids used for gait re-education.
6. Describe briefly myocardial oxygen consumption during aerobic exercise.
7. What are the principle and purpose of stress testing?
8. Explain the types of active movements.
9. Describe the determinants of exercise program.
10. Explain the approaches to relaxation training.
11. Describe the Aquatic therapy techniques.
12. List the causes and explain any one causes of hypomobility.

**OR**

What are the types of goniometry technique for elbow flexion?

**SHORT ANSWERS**

**10 x 3 = 30 Marks**

13. Define fundamental and derived position.
14. Differences between clapping and hacking.
15. What are the effects and uses of standing?
16. What are the goals of hydrotherapy?
17. Describe Slow reversal technique.
18. Differences between muscle excursion and joint range.
19. Define DOMS.
20. Define diagonal pattern.
21. What is reciprocal inhibition?
22. Define passive range of motion and active range of motion.

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