

Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T Degree Examination – 14-Nov-2025

Time: Three Hours
100

Max. Marks:

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. Explain the principles and laws related to hydrotherapy. Safety measures to be taken during hydrotherapy.
2. Explain the factors predisposing to posture. Discuss the technique of postural re-education. Add a note on patient education.

OR

Describe the physiology of balance, components of balance, causes of impaired balance and activities to treat impaired balance.

SHORT ESSAYS (Question No 3 & 12 choice)

10 x 5 = 50 Marks

3. What is repetition maximum? Describe the procedure for determining 10RM.

OR

- Rhythmic stabilization technique.
4. Advantages and limitations of group exercises.
5. Determinants of gait.
6. Classify asanas. Write a note on the principles of asanas.
7. Oxford method of progressive resisted exercise.
8. Non-weight bearing gait training.
9. Principles and grades of joint mobilization.
10. Define active movement and explain its types.
11. Explain closed chain exercises with examples.
12. Non equilibrium tests to assess coordination.

OR

Techniques of general relaxation.

SHORT ANSWERS

10 x 3 = 30 Marks

13. Contraindications of facial massage.
14. Grades of MMT.
15. Limitations of joint range of motion.
16. Type of suspension therapy.
17. Circuit-Interval training.
18. BRIME.
19. Composition of forces.
20. Causes of decreased muscle performance.
21. Functional reach test.
22. Crutch muscles.
