

(2012 Scheme)

EXERCISE THERAPY

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x14=28)

1. Explain in detail the therapeutic applications of massage.
2. Define coordination. Explain the principles of re-education of coordination. Add a note on the causes of incoordination.

Short notes

(4x8=32)

3. Types of equipments used in resistance training
4. Indications and goals of passive stretching
5. Anthropometric measurements
6. Define free exercises. Explain the principles of free exercises.

Answer briefly

(10x4=40)

7. Indications for relaxation technique
8. Pelvic tilt
9. Gutter crutch
10. Types of muscle contraction
11. Aerobic exercises and physiological response to aerobic exercises
12. Contraindications for postural drainage
13. Repetition maximum
14. Endurance test
15. Hacking manipulation
16. Derived positions from sitting
