

Q.P. Code: 222014

Reg. No.:.....

**Second Year BPT Degree Regular/Supplementary Examinations
September 2019**

**Exercise Therapy
(2016 Scheme)**

Time: 3 hrs

Max marks: 100

- **Answer all questions**
- **Draw diagrams wherever necessary**

Essays

(2x15=30)

1. Define resisted exercise. Write about principles and types of resisted exercises in detail.
2. Write about the different schools of manual therapy. Add a note on the grades, effects, uses and precautions of joint mobilization

Short Essays

(4x10=40)

3. Discuss the various physiological changes that occur during aerobic exercises.
4. Define stretching. Explain the determinants, techniques, contra-indications and effects of stretching.
5. Describe the physiology of balance and the components of balance.
6. Define massage. Classify massage with indications and contra-indications

Short Answers

(10x3=30)

7. What is hold relax
8. List the uses of effleurage.
9. Define active and inactive postures.
10. Mention any three derived positions from standing.
11. List three therapeutic effects of exercise in water.
12. Give three benefits of practicing suryanamaskara.
13. Give three uses of treadmill
14. What are the uses of mat exercises
15. Describe Eccentric Contraction
16. What is deLormes technique
