

Second Year BPT Degree Supplementary Examinations August 2022

**Exercise Therapy
(2016 Scheme)**

Time: 3 hrs

Max marks: 100

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*
- *Draw diagrams wherever necessary*

Essays

(2x15=30)

1. Explain the principles of aerobic exercise training. Mention the effects of this training on the cardiovascular and the respiratory systems of the body.
2. Explain proprioceptive neuromuscular facilitation. Write about the principles and the techniques of facilitation to improve mobility and strength.

Short Essays

(4x10=40)

3. Explain the types of active movements.
4. Explain any five principles of manual muscle testing.
5. Describe the techniques to stretch a tight hamstring group of muscles.
6. Explain the methods of progressive strength training.

Short Answers

(10x3=30)

7. Mention the principles of passive movement.
8. Give three advantages and three disadvantages of group exercises.
9. Suspension therapy- equipments used and the benefits..
10. Closed kinematic chain exercise for quadriceps strengthening.
11. Mention the positions derived from kneeling.
12. Techniques of yoga meditation.
13. Mention the contraindications for massage.
14. Advantages of static exercises.
15. Mention the advantages of relaxation techniques.
16. Mention the contraindications for joint mobilization.
