

Second Year BPT Degree Regular/Supplementary Examinations
February 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. Define co-ordination. What are the principles of co-ordination exercises. Describe in detail about Frenkels exercises.
2. Explain aerobic exercise. Explain the principles of aerobic exercise training. Mention the effects of this training on the various systems of the body

Short Essays**(4x10=40)**

3. Describe in detail about posture.
4. Define suspension therapy, principles, indications ,contraindications and benefits of it.
5. Define goniometry. Explain types, principles, limitations and uses of goniometry.
6. Describe various proprioceptive neuromuscular facilitation techniques for facilitation of mobility

Short Answers**(10x3=30)**

7. Give three advantages of endurance exercise.
8. What are the demerits of hydrotherapy
9. Circuit - interval training
10. Explain Brief resisted isometric exercise.
11. Muscle tone and postural tone
12. Mention three limitations of joint mobilization.
13. Diaphragmatic Breathing Exercise.
14. What are trick movements. Give an example.
15. Mention the precautions for stretching.
16. Define open chain exercises. Give two examples
