

# **2012 Scheme**

**Q.P. Code: 212014**

**Reg. No.:**.....

## **Second Year BPT Degree Supplementary Examinations February 2024**

### **Exercise Therapy**

**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 table/diagrams/flow charts wherever necessary*

#### **Essays**

**(2x14=28)**

1. Define coordination. What are the factors affecting coordination. Discuss the co-ordination exercises.
2. Discuss the immediate cardio respiratory response to aerobic exercise. Mention the adaptations of the cardiovascular system to long term aerobic exercise training.

#### **Short notes**

**(4x8=32)**

3. Explain the open and closed kinematic chain exercises for quadriceps strengthening.
4. Discuss the FITT principle of exercise training.
5. Discuss the tissue response to prolonged immobilization.
6. State concave convex rule. Explain the biomechanical basis for joint mobilization.

#### **Answer briefly**

**(10x4=40)**

7. Mention the limitations of manual muscle testing.
8. Explain the importance of warm-up and cool-down in exercise training.
9. Discuss the techniques of Pranayama.
10. Discuss functional re-education in prone lying.
11. What is metabolic equivalent. Write about its clinical utility.
12. Mention the principles of Goniometry.
13. Define passive movements. What are the advantages and the limitations of passive movements.
14. Discuss the methods of balance retraining.
15. Describe the isokinetic exercises and its advantages.
16. Explain de Lormes exercise regimen.

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