

2012 Scheme

Q.P. Code: 212014

Reg. No.:.....

Second Year BPT Degree Supplementary Examinations June 2025

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. Describe various PNF techniques of facilitation for stability
2. What is stretching. Explain the methods of stretching for shortened skeletal muscles

Short notes

(4x8=32)

3. Give a note on Pranayama and its uses
4. Define levers. Explain levers with suitable examples of anatomical levers
5. Describe the types of active movements
6. List types of walking aids. Explain any two in detail

Answer briefly

(10x4=40)

7. Describe technique of girth measurement for lower limb
8. Explain positions derived from standing
9. Describe principles of passive movements
10. Mention the indications and limitation of manual muscle testing
11. Treatment technique for impaired balance
12. Principles of co-ordination exercise
13. Physiological changes in the Cardiovascular system due to Aerobic training.
14. Principles of Maitland's mobilization techniques
15. Static power test
16. Describe the parts and types of Goniometer
