

# Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T Degree Examination – 07-Jan-2022

Time: Three Hours

Max. Marks: 100 Marks

## EXERCISE THERAPY (RS5)

Q.P. CODE: 2740

Your answers should be specific to the questions asked  
Draw neat, labeled diagrams wherever necessary.

### LONG ESSAYS (Second Question choice)

2 x 10 = 20 Marks

1. Explain the principles of suspension therapy and write the suspension therapy technique for hip internal and external rotation movements.
2. Define PNF. Explain the principles of PNF.

Or

Explain principles and progression in co-ordination exercises

### SHORT ESSAYS (Question No.3 & 12 choice)

10 x 5 = 50 Marks

3. List properties of water and indications of hydrotherapy.
- Or
- Give a note on Pranayama and its uses.
4. Write the determinants of aerobic exercises. Give a note on circuit interval training in aerobic exercises.
  5. List five starting positions and describe any one.
  6. Name the grades five of Manual Muscle Testing (MMT).
  7. Write five limitations of Goniometry.
  8. Describe merits and demerits of group exercises.
  9. Describe the types of active movements.
  10. Define massage. Write its classification.
  11. Describe measurement of apparent length.
  12. List types of walking aids. Explain any two in detail.

Or

Describe the type of muscle contractions with examples.

### SHORT ANSWERS

10 x 3 = 30 Marks

13. List the uses of closed chain exercises.
14. What are the types of Goniometer?
15. What is active and inactive posture?
16. Mention any three uses of stretching.
17. What are the parts of goniometer?
18. Name the types of free exercises.
19. What is 10 RM?
20. Define Effleurage technique.
21. Give three benefits of practising asanas.
22. Write four contra-indications of mobilization techniques.

\*\*\*\*\*