



63114

First B.P.Th. (2012) Examination, Winter 2018
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY

Total Duration : Section A + B = 3 Hours

Total Marks : 80

SECTION – A and SECTION – B

- Instructions :**
- 1) Use **blue/black** ball point pen only.
 - 2) **Do not** write anything on the **blank portion of the question paper**. If written anything, such type of act will be considered as an attempt to resort to unfair means.
 - 3) **All** questions are **compulsory**.
 - 4) The number to the **right** indicates **full** marks.
 - 5) **Draw** diagrams **wherever** necessary.
 - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
 - 7) Use a common answerbook for **all** Sections.

SECTION – A **SAQ (50 Marks)**

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Newton's 3rd law of motion.
 - b) Uses of Bhujangasana.
 - c) Define center of gravity.
 - d) Describe types of pulleys and its uses.
 - e) Describe parallel bars and its 2 uses.
 - f) Describe eccentric muscle action with one example.
2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Give uses of mobility aids in physiotherapy and describe any two mobility aids for upper extremity.
 - b) Write types of equilibrium with one example of each.
 - c) Describe hanging as starting position. Give its muscle work.
 - d) Enumerate different types of suspension. Describe vertical suspension in detail with one example.
 - e) Write indications and contraindications for hydrotherapy.
 - f) Describe different axes and planes. Describe axis and plane for hip flexion movement.

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SECTION – B LAQ (30 Marks)

3. Long answer question (**any one** out of two) : (1×15=15)
- a) Describe principle of relaxation. Describe Jacobson's and reciprocal method of relaxation. (5+10)
- b) Write in detail types of Goniometers. Write merits and demerits of Goniometer. Explain Universal Goniometer in detail. (2+4+4+5)
4. Long answer question (**any one** out of two) : (1×15=15)
- a) Write about uses of warm up and cool down exercises. Describe the merits of group exercises and write in detail about organization of group exercises. (3+3+4+5)
- b) Explain the types and principles of Active Movements. Mention differences between Active and Passive Movements with one example each. (10+5)
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SECTION – A (50 Marks)
(SAQ)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Write advantages of group therapy.
 - b) Define axis and plane. Enumerate types of it.
 - c) Enumerate components of the aerobic exercise program.
 - d) Describe Shoulder Wheel and uses of it.
 - e) Three advantages of free active exercises.
 - f) Define active and passive insufficiency with suitable example.

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(5×7=35)

2. Short answer question (**any five** out of six) :

- a) Enumerate and describe any three positions derived from standing by alteration of legs.
- b) What is suspension therapy ? Explain the types of suspension therapy in detail.
- c) Write physical properties of water.
- d) Define lever. Explain types of lever giving suitable examples with respect to human body.
- e) Define goniometry, write principles and uses of goniometry. Add a note on universal goniometer.
- f) What is pulley ? Describe types of pulley. Add a note on anatomical pulley.

SECTION – B (30 Marks)
(LAQ)

3. Long answer question (**any one** out of two) :

(1×15=15)

- a) Define Yoga and describe principles of Yoga. Explain any 4 asanas in supine lying position. (7+8)
- b) Define movement and write in detail about classification of movement. Write the principles, effects and uses of passive movements. (7+8)

4. Long answer question (**any one** out of two) :

(1×15=15)

- a) Define Relaxation and describe general and local techniques of relaxation. Write effects and uses of each. (8+7)
- b) Define and classify massage manipulation. Write effects and uses of massage. write contraindications of massage



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SECTION – A SAQ (50 Marks)

1. Short answer question (**any five** out of six) : (5x3=15)
 - a) Shoulder Wheel.
 - b) Write a note on movable pulley.
 - c) Trikonasana.
 - d) Importance of warm up exercises.
 - e) Write a note on Parallelogram of forces.
 - f) Axes and Planes.

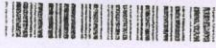
2. Short answer question (**any five** out of six) : (5x7=35)
 - a) Effects and uses of Free Exercises.
 - b) Explain Hanging as a Starting position. Write its muscle work.
 - c) Define Relaxation. Describe any one method in detail.
 - d) Physiological effects of massage.
 - e) Effects and uses of Group Exercises.
 - f) Newtons laws of motion.

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SECTION – B LAQ (30 Marks)

3. Long answer question (**any one** out of two) : (1x15=15)
- a) Write the principles of suspension therapy. Explain Axial suspension in detail with its effects and uses.
 - b) Define a lever. Which are the different types of levers ? Write in detail about the different types of levers with one example each in the human body:
4. Long answer question (**any one** out of two) : (1x15=15)
- a) Describe types of Goniometers. What are uses of Goniometry ? Write principles of Goniometry.
 - b) Define Passive movements. Write about the classification and indication of passive movements. Write about the effects and uses of passive movements.
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SECTION – A SAQ (50 Marks)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Center of gravity
 - b) Bhujangasana
 - c) Shoulder Wheel
 - d) Cool down exercises
 - e) Indication and contraindication to massage
 - f) Universal goniometer.

2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Friction and its application in physiotherapy
 - b) Group exercises
 - c) Passive movements- Definition, principles, effects and uses

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- d) Principles of Hydrotherapy
- e) Anatomical lever
- f) Ranges of muscle work.

SECTION – B LAQ (30 Marks)

3. Long answer question (**any one** out of two) : **(1×15=15)**
- a) Define and classify massage. Describe any one type of manipulation in detail with their effects and uses. **(5+6+4)**
 - b) Describe fundamental standing position with its muscle work and effects and uses. **(5+7+3)**
4. Long answer question (**any one** out of two) : **(1×15=15)**
- a) Classify suspension therapy. Mention different accessories used in suspension therapy. Write its effects and uses. **(4+4+7)**
 - b) Describe Axes and planes in detail with examples. Define angle of pull, moment arm of a force and their importance. **(6+9)**
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SECTION – A SAQ (50 Marks)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Write types of equilibrium.
 - b) Enumerate cardinal Planes and Axes.
 - c) Range of muscle work.
 - d) State Newton's First Law with example.
 - e) Define Center of Gravity and Line of Gravity.
 - f) Define Third order lever with one example.

2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Describe classification of movements with examples.
 - b) Describe the principles of relaxation.
 - c) Describe the effects of warm up and cool down phase of Aerobic exercise programme.
 - d) Describe the equipments used to improve joint mobility in therapeutic gymnasium.
 - e) Describe Indications and contraindications to Hydrotherapy.
 - f) Describe group action of muscles (agonist, antagonist, synergist and fixators).

P.T.O.



SECTION – B LAQ (30 Marks)

3. Long answer question (**any one** out of two) : (1×15=15)
- a) Define and classify methods of suspension therapy. Describe the apparatus and accessories used for the suspension.
 - b) Describe principles and uses of goniometry. Write down different types of goniometers. Describe in detail the universal goniometer.
4. Long answer question (**any one** out of two) : (1×15=15)
- a) Define massage. Describe classification of massage manipulations. Add a note on Physiological and therapeutic effects of massage.
 - b) Describe the muscle work in fundamental standing position. Describe the derived positions from standing by alteration of trunk and legs.
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SECTION – A SAQ (50 Marks)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Enumerate axis and planes with examples.
 - b) What are the parts of parallel bars ?
 - c) State Newton's second law with example.
 - d) Define line of gravity.
 - e) Write advantages of relaxation.
 - f) Write advantages of free exercises.

2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Explain the different types of equilibrium with one example each.
 - b) Give the effects and uses of hydrotherapy.
 - c) Give the effects and uses of resisted exercises.
 - d) Describe the effects and uses of warm up and cool down phases.
 - e) Give the principles of Yoga. Describe and give the uses of Paschimottasan.
 - f) Describe sitting as a fundamental starting position.

P.T.O.



SECTION – B LAQ (30 Marks)

3. Long answer question (**any one** out of two) : (1×15=15)
- a) Describe and classify methods of suspension therapy. Write down the advantages and apparatus used in suspension therapy.
 - b) Define and classify massage. Discuss in detail about the types, effects and uses of kneading manoeuvre.
4. Long answer question (**any one** out of two) : (1×15=15)
- a) Describe the principles and uses of goniometry. Write about the different types of goniometers.
 - b) Define a lever. Which are the different types of levers ? Write in detail about all types of levers in the human body with one example each.
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