

Fundamentals of Kinesiology and Kinesiotherapy - IV

Total Duration: Section A + B + C = 3 Hours

Section B and C Marks: 60

Section-B and Section-C

- Instruction
- 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.

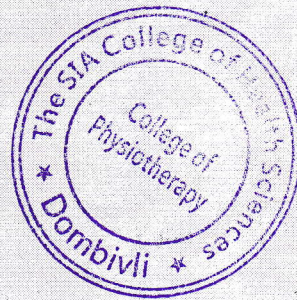
Section-B

30 Marks
(5x3=15)

2. Answer the following (any five out of six) :
- a) Newtons second law of motion.
 - b) Define & state example of Cardinal planes and axis.
 - c) Enumerate uses of warm up exercises.
 - d) Tadasana.
 - e) Types of muscle work.
 - f) Merits of hydrotherapy.

3. Answer the following (any three out of four) :

- a) Group action of muscles.
- b) Vertical suspension.
- c) Components of aerobic exercises.
- d) Vertical suspension.



(3x5=15)

Section-C

30 Marks

4. Describe principles of goniometry (5 Marks). Write different types of goniometers (3 Marks). Describe in detail procedure of measuring range of motion of shoulder joint movements (7 Marks).

(1x15=15)

5. Long answer question:

- a) Write in detail classification of massage manipulations (6 Marks). Describe physiological & therapeutic effects of massage (9 Marks).

(1x15=15)

OR

- Write classification of movements (4 Marks). Describe in detail principles of giving relaxed passive movements (8 Marks). Add a note on effects & uses of Passive movements (3 Marks).

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First B.P.Th. (2012) Examination, Summer 2014
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY – IV

Total Duration : Section A + B + C = 3 Hours

Section B & C Marks : 60

SECTION – B & SECTION – C

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 - 3) **All** questions are **compulsory**.
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 - 7) **Use** a common answer book for **all** Sections.

SECTION – B

(30 Marks)

2. Answer the following (any five out of six) :

(5×3=15)

- a) Classification of active movement.
- b) Any three Physical properties of water.
- c) Angle of pull.
- d) Importance of Warm up exercises.
- e) Types of equilibrium.
- f) Uses of parallel bars.

3. Answer the following (any three out of four) :

(3×5=15)

- a) Trikonasana.
- b) Classification of lever with examples.
- c) Muscle work and uses of sitting position.
- d) Principles of hydrotherapy.





SECTION - C

(30 Marks)

(1×15=15)

4. Define goniometer. (1)
- What are different types of goniometer? (3)
- Write principles and uses of goniometer. (5)
- Describe universal goniometer with one example for right shoulder abduction and adduction. (6)

(1×15=15)

5. a) Describe principles of suspension. (4)
- Describe suspension apparatus in detail. (8)
- Add a note on uses of suspension. (3)

OR

(1×15=15)

5. b) Write in detail classification of passive movements. (4)
- Describe in detail principles of relaxed passive movements. (7)
- Add a note on effects and uses. (4)



First B.P.Th. (2012) Examination, Summer 2015
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY – IV

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Total Duration : Section A + B = 3 Hours

Total Marks : 80

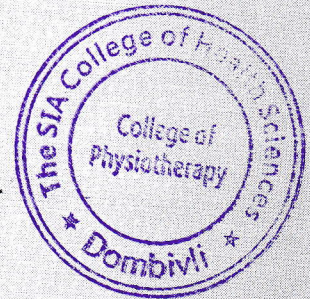
SECTION – A & SECTION – B

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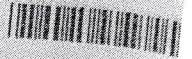
SECTION – A
(SAQ)

(50 Marks)

1. Short answer question (any five out of six) : (5x)
 - a) Write the factors on which stability of body depends.
 - b) Define biomechanics and classify the same.
 - c) Dhanurasana.
 - d) Note on Movable pulley.
 - e) Write note on parallelogram of forces.
 - f) Write a note on Passive insufficiency of a muscle.
2. Short answer question (any five out of six) :
 - a) Write a note on Types of muscle work.
 - b) Explain Sitting position and write its Muscle work.
 - c) Explain the Principle of passive movement in detail.
 - d) Define relaxation. Describe any one method in detail.
 - e) Write a note on Physics mechanics related to Hydrotherapy.
 - f) Any three Derived position in Standing with it uses and effect.



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SECTION - B
(LAQ)

3. Long answer question (any one out of two) : (30 Marks)
- a) Describe Anatomical lever and explain its types with example. (1x15=)
 - b) Describe the various cardinal Axis and Planes . Write Newton's laws of motion. (5+)
4. Long answer question (any one out of two) : (8)
- a) Write the principles of Goniometry and write the Types of Goniometers and explain measurement of hip abduction ROM. (1x15=)
 - b) What is massage ? Indication and contraindications of massage. Explain the back massage in detail. (5+)





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First B.P.Th. (2012) Examination, Summer 2016
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY

Total Duration : Section A + B = 3 Hours

Total Marks : 80

SECTION – A & SECTION – B

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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)

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.

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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First B.P.Th. (2012) Examination, Summer 2017
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY

Total Duration : Section A + B = 3 Hours

Total Marks : 80

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 - 7) Use a common answerbook for all Sections.

SECTION – A SAQ (50 Marks)

1. Short answer question (any five out of six) : (5x3=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) : (5x7=35)
 - a) Friction and its application in physiotherapy
 - b) Group exercises
 - c) Passive movements- Definition, principles, effects and uses



P.T.O.

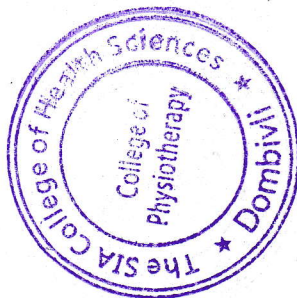
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- d) Principles of Hydrotherapy
- e) Anatomical lever
- f) Ranges of muscle work.



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

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Total Marks : 80

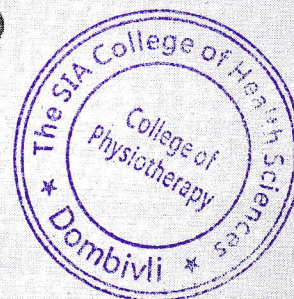
SECTION – A & SECTION – B

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 - 7) Use a common answerbook for **all** sections.

SECTION – A (50 Marks)
(SAQ)

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

- 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.



(5x3=15)

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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



I BPTTh 2018-19 Examination

Fundamental of Kinesiology & Kinesiotherapy

Short Question Answer

(3 marks)

Basic Biomechanics

1. Newton's Laws of motion
2. Define & state examples of cardinal planes & axis
3. Any three Physical properties of water.
- 4) Note on movable pulley
- 5) Parallelogram of forces
- 6) Torque
- 7) Mechanical advantage in levers.
- 8) Note on Springs
- 9) Note on fixed pulley
- 10) Friction
- 11) Need of levers in physiotherapy

Passive Movements

12. Classification of passive movements
13. Advantages of Relaxed passive movements
14. Uses of controlled sustained stretching in passive movements.
15. Define passive movements Enumerate Principles.
16. Effects & Uses of passive movements.

Hydrotherapy

17. Merits & Demerits of hydrotherapy
18. Principles of hydrotherapy
19. 3 Physical Properties of water
20. Buoyancy
21. Viscosity

22. Hydrostatic pressure

Massage

23. Indications & contra- Ind of massage

24. Classification of massage manipulation

Therapeutic Gym

25. Uses of parallel bars

26. Parts of parallel bar

27. Shoulder wheel & uses

Short Question Answer

(7 marks)

1. Classification of lever with examples

2. Note on physics mechanics related to hydrotherapy

3. Friction and its application in Physiotherapy

4. Anatomical Lever

5. Principles of hydrotherapy

6. Define lever. Explain types of lever with human body

7. What is pulley? Describe types of pulley. Add a note on anatomical pulley.

8. Describe composition of forces.

9. Write a note on pendulum.

Passive Movements

10. Write in details principles of relaxed passive movements.

Hydrotherapy

11. principles of hydrotherapy/ physics mechanics of Hydro.

12. Effects & uses of hydrotherapy.

Massage

13. Classify massage

Therapeutic Gym

14. Parallel bar

Long Question Answer

(15 marks)

Basic Biometrics

1. Describe Axes and planes in detail with examples. Define angle of pull, moment arm of a force and their importance.

Massage

1 Classification of massage & physiological & therapeutic effect of massage, Indication & Contra-Ind

2. Massage- Define, classify- Types effects & uses of Kneading any 1 type of manipulation with effects & Uses.

3. Massage – Define, Indication, contraindication- back massage details.