

E-3 JUL 2019

Bachelors of Physiotherapy

First year

Fundamentals of Kinesiology & Kinesiotherapy

Code: 8706

Total marks: 80

Time: 3 hours

SECTION – I

Que-1: Full Question (1×10marks) 10

1. Make a flow chart of starting and derived positions and explain starting positions.

OR

Que-1: Full Question (1×10marks) 10

1. List down different technique of local and general relaxation. Write in detail on Jacobson.

Que -2: Answer any THREE out of FOUR (3×5marks) 15

1. Explain in brief Parallelogram of forces.
2. Note on uses of Goniometric data.
3. Define- 1) Biomechanics 2) Kinematics 3) Kinetics.
4. Differentiate between Agonist and Antagonist muscles.

Que -3: Answer any THREE out of FOUR (3×5 marks) 15

1. Define: Muscle strength and cardiovascular endurance.
2. What are the principles of aerobic exercises?
3. Write 2 uses of following heading: 1) Shoulder wheel 2) Parallel bar.
4. Elbow crutch: Labeled diagram & uses.

SECTION – II

Que-4: Full Question (1×10marks) 10

1. Define active assisted movement & explain its uses.

OR

Que-4: Full Question (1×10marks) 10

1. Explain in detail Axis and Plane with diagram and example.

Que -5: Answer any THREE out of FOUR (3×5marks) 15

1. Explain principles of suspension therapy.
2. Write name & uses of any two therapeutic Gymnasium equipment uses for lower limb Exercise.
3. Describe Angle of Pull with appropriate diagrams.
4. Write 2 uses of each: 1) Quadriceps table 2) Wrist roller.

Que -6: Answer any THREE out of FOUR (3×5 marks) 15

1. Write indications and contraindications of setubandhasana.
2. Explain Anulom-Velom technique.
3. Write indications and contraindications of Bhujangasana.
4. Define yoga and enlist stages of it.