



**J-0201854**

Seat No. \_\_\_\_\_

**First Year B. P. T. Examination**

**July – 2019**

**Exercise Therapy - I**

Time : 3 Hours]

[Total Marks : 80

**SECTION - I**

**1 Long Answers : (Any One Out of Two) 1×10=10**

- (1) Write About the Breathing mechanism. Write down the segmental breathing and benefits of breathing exercise.
- (2) Write down the classification of movements. Write down the principle of passive movements.

**2 Short Answers : (Any Two Out of Three) 3×5=15**

- (1) Write down pelvic tilt
- (2) What are different types of resisted exercise ?
- (3) Explain Axis and planes.

**3 Short Answers : (Any Five Out of Six) 5×3=15**

- (1) Explain principle of suspension therapy
- (2) Derived positions from sitting with diagram
- (3) Rom for Elbow Joints in detail
- (4) Measurement of Axillary crutches
- (5) Diaphragmatic Breathing
- (6) Types of Force

## SECTION - II

4 Long Answers : (Any **One** Out of Two) **1×10=10**

- (1) Define Massage. Classification of massage. Explain both stroking massage and its effect and uses.
- (2) What are the fundamental of starting positions ? Discuss the derived position of standing with their uses.

5 Short Answers : (Any **Two** Out of Three) **3×5=15**

- (1) Explain types of Muscle Work
- (2) Explain therapeutic uses of massage
- (3) Explain LLD

6 Short Answers : (Any **Five** Out of Six) **5×3=15**

- (1) Explain Home Exercise
- (2) Types of levers
- (3) Explain shoulder wheel exercise
- (4) Goniometer measurement of knee Joints
- (5) Shadow walking
- (6) Benefits of Group Exercise.

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