

**BACHELOR OF PHYSIOTHERAPY (BPTH)**

**First Year BPTH : WINTER- 2022**

**SUBJECT : FUNDAMENTALS OF KINESIOLOGY & KINESIOTHERAPY**

Day : Monday

Time : 02:00 PM-05:00 PM

Date : 14-11-2022

**W-25047-2022**

Max. Marks : 80

**N.B.:**

- 1) All questions are **COMPULSORY**.
- 2) Figures to the right indicate **FULL** marks.
- 3) Answers to both the sections should be written in **SEPARATE** answer book.
- 4) Draw neat labelled diagrams **WHEREVER** necessary.

**SECTION-A**

**Q.1** Write any **TWO** out of **THREE**: (20)

- a) Define Gravity. Discuss Centre of Gravity and Line of Gravity. Discuss Equilibrium with its types in detail.
- b) Explain Standing as a Fundamental Position. Describe any two derived position from standing.
- c) Define Suspension therapy. Describe Vertical Suspension with example. Write uses of ropes and 'S' shaped hook.

**Q.2** Write any **FOUR** out of **FIVE**: (20)

- a) Describe Deep Sensation.
- b) Write method of chest expansion measurement.
- c) Discuss First order Lever with examples.
- d) Describe Frontal plane and Frontal axis.
- e) Discuss forces and composition of forces.

**SECTION-B**

**Q.3** Write any **TWO** out of **THREE**: (20)

- a) Define passive Movement. Explain its principles. Enumerate uses of Passive movements.
- b) Define Relaxation. Enumerate different types of relaxation. Explain Jacobson's technique of Relaxation.
- c) Define Yoga. Write principles of Yoga. Describe any two Asanas in standing positions.

**Q.4** Write any **FOUR** out of **FIVE**: (20)

- a) Describe Deep Tendon Reflexes.
- b) Discuss technique of Kneading in Massage and its effects.
- c) Describe advantages and disadvantages of Group exercises.
- d) Describe Isometric and Isotonic muscle work with examples.
- e) Describe Shoulder Wheel and its uses.