

BACHELOR OF PHYSIOTHERAPY
First Year SUPPLEMENTARY : WINTER- 2022
SUBJECT : FUNDAMENTALS OF KINESIOLOGY & KINESIOTHERAPY

Day : Thursday

Time : 02:00 PM-05:00 PM

Date : 29-12-2022

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 Lever. Explain types of Lever in detail with examples.
- b) Describe Kneeling as a Fundamental position. Describe any two derived position from kneeling.
- c) Define Suspension therapy. Describe Axial suspension with example. Write uses of slings and wooden cleat.

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

- a) Describe cortical sensation.
- b) Describe advantages of Group exercises.
- c) Describe Sagittal plane and Sagittal axis.
- d) Describe open chain and closed chain kinematic.
- e) Explain Newton's laws of motion.

SECTION-B

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

- a) Define Active movements. Enumerate the classification. Explain Resisted exercises in detail.
- b) Define Goniometry. Explain principles of Goniometry and describe technique of application for shoulder flexion.
- c) Define Yoga. Write principles of Yoga. Describe any two Asanas in prone lying position.

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

- a) Describe Superficial Reflexes.
- b) Discuss technique of Effleurage in Massage and its effects.
- c) Define Agonist, Antagonist and Synergist.
- d) Define Relaxation and describe Hold- Relax technique.
- e) Describe classification of Passive movements.

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