

**FIRST BPTH (2012) Examination, Summer (Phase - III All Other
Remaining UG/PG Courses) - 2020**
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY

Total Duration : Section A + B = 3 Hours

Total Marks : 80

SECTION - A & SECTION - B

- Instructions :**
- 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.**
 - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
 - 7) Use a common answer book for all sections.

SECTION - "A" SAQ (50 Marks)

1. Short answer question (any five out of six) : [5 × 3 = 15]
- a) Define axes & plane
 - b) Define Work, Energy and Power
 - c) Define Buoyancy
 - d) Define Osteokinematics
 - e) Gravity
 - f) Newtons law of inertia

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

[5 × 7 = 35]

- a) Explain Hanging as starting position, muscle work involved in it and its effects and uses.
- b) Explain Axial and Vertical Suspension.
- c) Pulleys.
- d) Explain Vajrasan posture and its health benefits.
- e) Explain and draw diagram of knee Ratchet. Enumerate various equipment used in gait training. *256 deva*
- f) Describe the effects and uses of warm up and cool down Phases.

SECTION - "B" LAQ (30 Marks)

3. Long answer question (any one out of two):

[1 × 15 = 15]

- a) Define and Classify massage. Discuss in detail petrissage manipulations. Write contraindications for massage. Define and Classify massage. Discuss in detail about the types, effects and uses of kneading manoeuvre. [2+5+5+3]
- b) Define Yoga. Describe Principles of yoga. Enlist Yogasanas, Explain one Supine and one standing yoga posture. [2+5+8]

4. Long answer question (any one out of two):

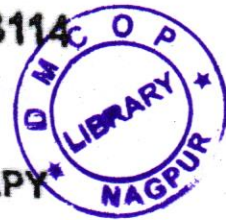
[1 × 15 = 15]

- a) Describe the principles and uses of goniometry. Write about the different types of goniometers. [5+5+5]
- b) Define a Lever. Which are different types of lever. Write in detail about all types of levers in the human body with one example each. [2+5+8]



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First B.P.T.H. (2012) Examination, Summer - 2021
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY



Total Duration : 3 Hours

Total Marks : 80

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SECTION - A (SAQ) (50 Marks)

1. Short answer question (any five out of six): [5 × 3 = 15]
- a) Mechanical advantage
 - b) Angle of Pull
 - c) Shoulder wheel.
 - d) Sarvangasana
 - e) Three measures to induce Local Relaxation
 - f) General Contra indications to Massage.

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

- a) Physical principles of hydrotherapy
- b) Describe the positions derived from Kneeling with muscle work.
- c) Define and Classify of Active movements. Write short notes on Free Exercises.
- d) Define force and discuss mechanics of force.
- e) What are the Components of fitness? Write short notes on Warm up and cool down exercises.
- f) Definition, uses, indications & contraindications of Yoga.

SECTION - B (LAQ) (30 Marks)

3. Long answer question (any one out of two):

[1 × 15 = 15]

- a) Discuss the technique of Lower limb Massage in detail. What are the indications, Contra indications and Effects & uses of Lower limb Massage. [5+5+5]
- b) Define Suspension Therapy. What are the types of Suspensions? Describe the Techniques of axial suspension for Hip Abduction. [2+5]

4. Long answer question (any one out of two)

[1 × 15 = 15]

- a) Define Goniometry. What are the uses of Goniometry? Describe technique of Shoulder joint Goniometry. [2+5]
- b) Define Relaxed Passive movements, what are it's effects & uses? describe the technique of performing Relaxed Passive movement of hip joint [2+5]



First B.P.TH. (2012) Examination, Phase - II Summer - 2022
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY

Total Duration : 3 Hours

Total Marks : 80

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SECTION "A" SAQ (50 Marks)

1. Short answer question (any five out of six) : [5 × 3 = 15]
 - a) Define torque and force
 - b) Finger ladder
 - c) Naukasana: Describe the position
 - d) Mention muscle components of group action
 - e) Law of inertia ~~interia~~ inertia.
 - f) Angle of pull

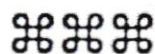
2. Short answer question (any five out of six) : [5 × 7 = 35]
 - a) Explain ranges of muscle work in detail.
 - b) Describe any five derived position from standing.
 - c) Define relaxation and add the note on its principles.

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- d) Describe fundamental kneeling position with its muscle work and uses.
- e) Define equilibrium and write its type in detail.
- f) Principle of relaxed passive movement.

SECTION "B" LAQ (30 Marks)

3. Long answer question (any one out of two) : [1 × 15 = 15]
- a) Explain Free Exercises. Describe its technique and effect and uses in detail.
 - b) Define lever. Explain anatomical lever. Classify levers with examples and their mechanical advantage.
4. Long answer question (any one out of two) : [1 × 15 = 15]
- a) Define and classify massage. Describe the techniques with their effect and uses in detail. [2+3+10]
 - b) Define goniometry. Explain types of goniometer and describe goniometry for shoulder flexion. [3+4+8]





First B.P.TH. (2012) Examination, Summer - 2023 (Phase - III)
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY

Total Duration : 3 Hours

Total Marks : 80

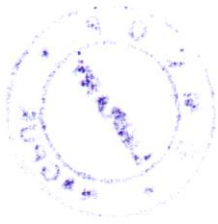
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Section "A" SAQ (50 Marks)

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

[5 × 3 = 15]

- a) Write benefits and uses of Gomukhasana.
- b) Define Osteokinematics and Arthrokinematics.
- c) Write any 3 uses of Therapeutic Ball.
- d) Write importance of Cool Down Exercises.
- e) Enlist various types of Goniometer.
- f) Base of support and stability



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

[5 × 7 = 35]

- a) Write different types of Levers. Describe them with respect to mechanical advantage. [3+4]
- b) Describe ranges of muscle work with example.
- c) Write types of Suspension. Write effects and uses of Suspension therapy. [4+3]
- d) Describe Active insufficiency and Passive insufficiency with example.
- e) Define Goniometry. Describe the technique of measuring Shoulder Abduction using goniometry. [2+5]
- f) Describe Anatomical pulleys with examples.

Section "B" LAQ (30 Marks)

3. Long answer question (any one out of two) :

[1 × 15 = 15]

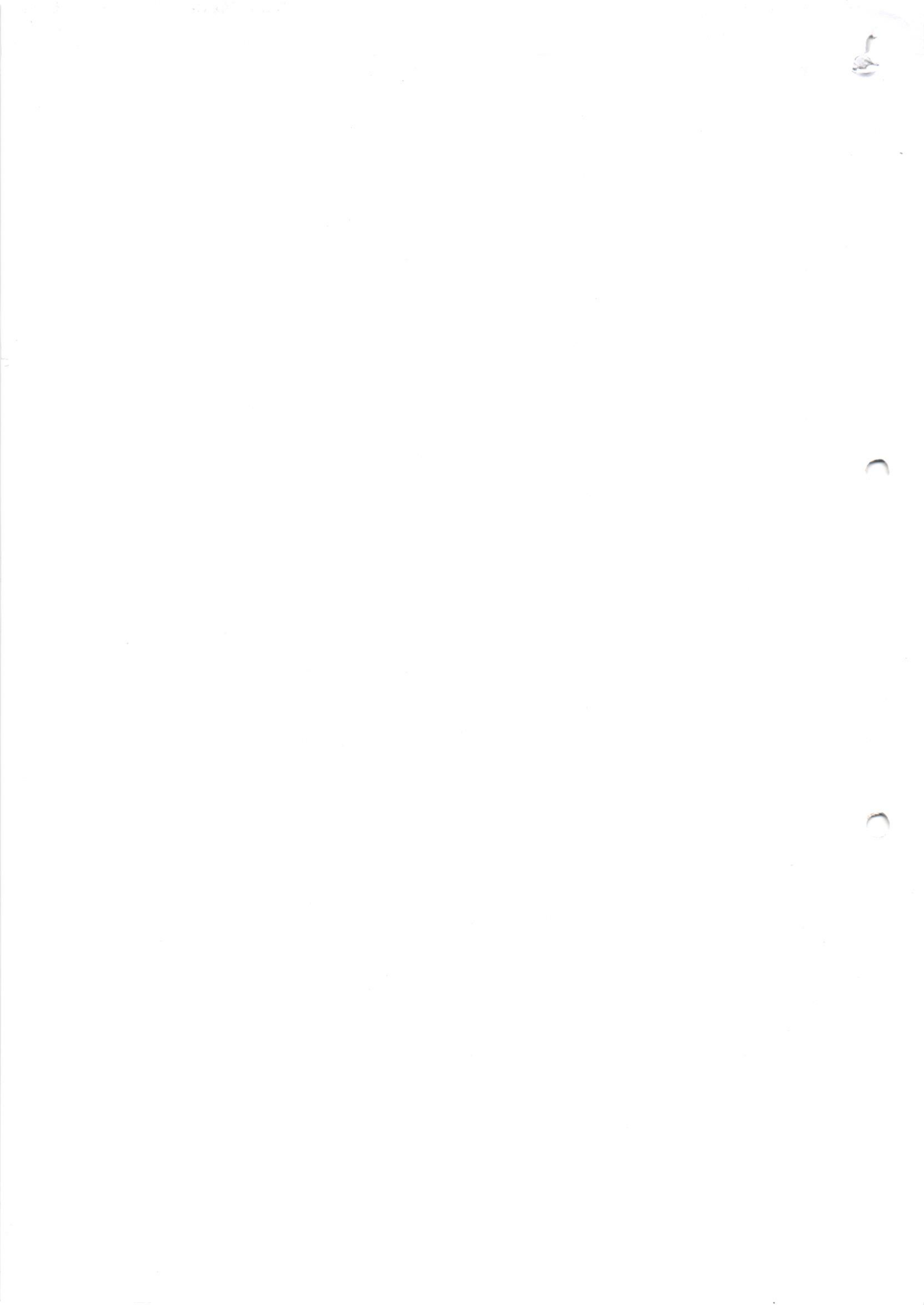
- a) Define Axis and Planes. Describe them with suitable examples. Explain Plane of movement in relation to Gravity. [3+6+6=15]
- b) Define Voluntary Movement and write its classification. Explain free Exercises with its effects and uses. [2+4+4+5=15]

4. Long answer question (any one out of two) :

[1 × 15 = 15]

- a) Describe fundamental kneeling position with its muscle work, effect and uses. [5+5+5=15]
- b) Write classification of Massage based on techniques. Write 1 Physiological and 1 Therapeutic use of each technique. [3+6+6=15]

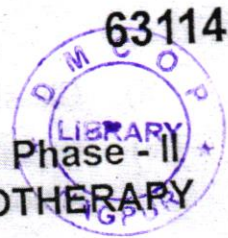




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First B.P.TH. (2012) Examination, Summer - 2025 Phase - II
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY



Total Duration : 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 Questions (Solve any 5 out of 6) :

[5 × 3 = 15]

- a) Write advantages of relaxation
- b) State Newtons third law with example.
- c) Write a note on Parallelogram of forces.
- d) Enumerate Types of Goniometer.
- e) Write the parts of Axillary crutches.
- f) Define Centre of Gravity and Base of support.

2. Short Answer Questions (Solve any 5 out of 6)

[5 × 7 = 35]

- a) Define a pulley. Describe types of pulley. Add a note on anatomical pulley.
- b) Describe the physical properties of water.
- c) Describe the effects of warm up and cool down phase of Aerobic exercises.

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- d) Classify types of muscle contractions. Describe any one in detail.
- e) Explain Standing as starting position. Write the muscle work involved in it along with it's effects and uses.
- f) Describe the effects and uses of group exercises.

SECTION - B (LAQ) (30 Marks)

3. Long Answer Questions(Solve any 1 Out of 2) : [1 × 15 = 15]

- a) i) Define Lever. [1]
- ii) Describe different types of lever with suitable examples and in relation to human body. [10]
- iii) Add a note on uses of levers in physiotherapy. [4]
- b) i) Define Massage. Write classification of Massage manipulations. [7]
- ii) Explain Petrissage manipulation in detail. [8]

4. Long Answer Questions (Solve any 1 Out of 2) : [1 × 15 = 15]

- a) i) Define Suspension Therapy. [2]
- ii) Describe the apparatus and accessories used for suspension. [8]
- iii) Describe different types of suspension. [5]
- b) i) Define Passive movements. [2]
- ii) Write the classification and indication of passive movements. [8]
- iii) Write the effects and uses of passive movements. [5]

