

First B.P.TH. (2012) Examination, (Phase - III) Winter - 2021
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY - IV

Total Duration : 3 Hours

Total Marks : 80

- 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) Angle of pull.
 - b) Centre of gravity.
 - c) Effects of Passive movements.
 - d) Vestibular Ball.
 - e) Naukasana.
 - f) Enumerate the different axes and planes.

2. Short answer question (any five out of six) : [5 × 7 = 35]
 - a) Define group exercises. Give its effects and uses.
 - b) Define hydrotherapy. Give the effects and uses of hydrotherapy.
 - c) Give the effects and uses of relaxation. Describe the contrast method of relaxation.

- d) Enumerate the accessories to improve strength in the therapeutic gym. Explain the uses of any three.
- e) Define effleurage. Give its effects and uses.
- f) Define active movements. Give its effects and uses.

SECTION "B" LAQ (30 Marks)

3. Long answer question (any one out of two) : [1 × 15 = 15]
- a) Define Goniometry. Give the principles and uses of Goniometry. Describe the different types of goniometers.
- b) Define passive movements. Give the principles and uses of passive movements.
4. Long answer question (any one out of two) : [1 × 15 = 15]
- a) Define levers, describe the different types of levers in the human body with one example for each.
- b) What are the principles of suspension therapy? What are the different types of suspensions? Describe any one type of suspension with an example.



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First B.P.TH. (2012) Examination, Winter - 2022

FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY

Total Duration : 3 Hours

Total Marks : 80

- 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)

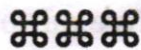
1. Short answer question (any five out of six) : [5 × 3 = 15]
 - a) Types of Muscle contraction.
 - b) Cool down exercise.
 - c) Define kinetics and Kinematics.
 - d) Centre of Gravity.
 - e) Define Newtons Second law of motion.
 - f) Buoyancy.

2. Short answer question (any five out of six) : [5 × 7 = 35]
 - a) Explain cardinal planes and axes.
 - b) Jacobson's relaxation.
 - c) Shoulder wheel.

- d) Dhanursana - Describe position and its physiological effect.
- e) Principles of Hydrotherapy.
- f) Open vs Closed Kinematic exercise.

SECTION "B" LAQ (30 Marks)

3. Long answer question (any one out of two) : [1 × 15 = 15]
- a) Define Massage. Classify technique. Describe any one technique in detail. Describe indication and contraindication of massage in general.
 - b) Explain Passive Movement. Principles of Passive movement. Uses of passive movement and contraindication for passive movement.
4. Long answer question (any one out of two) : [1 × 15 = 15]
- a) Define goniometry. Discuss the principles of goniometry giving example of Knee joint. Describe various types of goniometers.
 - b) Define starting position. Describe fundamental standing position with its muscle work, effect and uses.





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First B.P.T.H. (2012) Examination, (Phase - III) Winter - 2023
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY

Total Duration: Section A + B = 3 Hours

Total Marks : 80

SECTION - A & SECTION - B

- Instructions :
- 1) Use black ball point pen only.
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 - 3) All questions are compulsory.
 - 4) The number to the right indicates full marks.
 - 5) Draw diagrams wherever necessary.
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 - 7) Use a common answerbook for all sections.

SECTION "A" (SAQ) (50 Marks)


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

[5×3=15]

- a) Centre of gravity
- b) Define Cardinal Planes
- c) Types of Muscle work
- d) Angle of Pull
- e) Define Newtons Third law of motion. Give one example
- f) Mechanical Advantage in lever

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[5×7=35]

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

- a) Principles of Hydrotherapy.
- b) Define group exercises. write merits and demerits of group exercise.
- c) Active and passive insufficiency
- d) Paschimottanasana-Describe Technique, benefit and contraindication of asana.
- e) Mention and Describe any three gymnasium equipment used for mobilization of shoulder joint.
- f) Describe kneeling position with its muscle work.

SECTION "B" (LAQ) (30 Marks)

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

[1×15=15]

- a) Define Anatomical lever. Classify and describe lever with appropriate examples.
- b) Define goniometry. Explain principles and advantages of goniometry. Describe types of goniometer in detail.

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

[1×15=15]

- a) Define and Classify massage. Explain physiological effects of massage. Mention indication and contraindication of massage.
- b) Define Suspension. Classify types of suspension. Describe application of suspension at shoulder joint to improve its range in saggittal plane (flexion & extension).



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First B.P.T.H. (2012) Examination, Winter - 2024 Phase - III
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY



Total Duration : 3 Hours

Total Marks : 80

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 - 3) **All questions are compulsory.**
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SECTION - A

1. **Short Answer Questions (Solve any 5 out of 6) :** [5 × 3 = 15]
 - a) Classify sensations.
 - b) Define Equilibrium. Enumerate its types.
 - c) Springs in parallel.
 - d) Write three uses of shoulder wheel.
 - e) Uses of hanging position.
 - f) Define Progressive relaxation.

2. **Short Answer Questions (Solve any 5 out of 6) :** [5 × 7 = 35]
 - a) Enumerate types of suspension therapy. Describe any one in detail.
 - b) Define free exercises. Discuss its effects and uses.
 - c) Describe the planes and axis of movements with examples.
 - d) Describe principles of hydrotherapy.
 - e) Describe principles for Goniometry. Describe goniometer assessment of wrist joint range of motion.
 - f) Describe active and passive muscle inefficiency with appropriate examples.

SECTION - B

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

- a) i) Define Starting Position. [2]
ii) Explain fundamental standing position with muscle work. [8]
iii) Write derived positions from standing. [5]
- b) i) Write in detail classification of passive movements. [4]
ii) Write the principles of relaxed passive movements. [7]
iii) Add a note on effects and uses. [4]

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

- a) i) Define Yoga. [2]
ii) Describe principles of Yoga. [5]
iii) Explain one sitting and one supine yoga posture in detail with uses of the same. [4+4]
- b) i) Write about uses of warm up and cool down exercises. [6]
ii) Describe the merits of group exercises. [5]
iii) Write in detail about organization of group exercises. [4]



