

**BACHELOR OF PHYSIOTHERAPY
THIRD SEMESTER (SPECIAL REPEAT)
EXERCISE THERAPY-II
BPT-301**

(Use separate answer scripts for Objective & Descriptive)

Duration : 3 hrs.

Full Marks : 70

(PART-A : Objective)

Time : 20 min.

Marks : 20

Choose the correct answer from the following:

1X20=20

1. Joint mobilization is contraindicated in:
a. Joint stiffness
b. Joint effusion
c. Hypomobility
d. Muscle spasm
2. Movement of joint surface is referred to as:
a. Arthrokinematic
b. Osteokinematic
c. Kinetics
d. Pathomechanics
3. Sliding is amotion.
a. Rotatory
b. Translatory
c. Spin
d. Glide
4. The limit of active motion isbarrier.
a. Anatomical
b. Morphological
c. Physiological
d. Biological
5. Postural control depends on integrity of
a. Nervous system
b. Special senses
c. Musculoskeletal system
d. All of the above
6.is a point that corresponds to center of total body mass and is the point where body is in perfect equilibrium.
a. Centre of gravity
b. Centre of mass
c. Base of support
d. Momentum
7. Example of dynamic balance control is.....
a. Sitting
b. Standing
c. Walking
d. All of the above
8.is the ability to perform smooth, accurate, controlled movements.
a. Mobilization
b. Physiological
c. Manipulation
d. Coordination
9. Grade 3 MMT of plantar flexors is done in which position?
a. Supine lying
b. Standing
c. Sitting
d. None of the above
10. The primary centre in the brain for coordination of movement is.....
a. Cerebellum
b. Brainstem
c. Cerebrum
d. All of the above
11. Jebson Taylor Hand Function Test is a standardized instrument to assess:
a. Balance
b. Muscle strength
c. Coordination
d. Muscle flexibility

12. Which physical activity is not aerobic exercise?
 - a. Cycling
 - b. Walking
 - c. Hip hop dancing
 - d. Weight training
13. Bridging is used to
 - a. Strengthening low back and hip extensors
 - b. Improves pelvic mobility
 - c. Helpful for bedpan
 - d. All of the above
14. Manual muscle testing is the application ofby the tester or by theto the voluntary maximumof the patients muscle.
 - a. Resistance, force of gravity, contraction
 - b. Pressure, force of resistance, volume
 - c. The force of gravity, contraction , resistance
 - d. All of the above
15. Lumbar traction is indicated in the following cases except.....
 - a. Muscle spasm
 - b. Unstable spine
 - c. Herniated disks
 - d. Osteoarthritis
16. A passive joint movement that is used to increase joint mobility which incorporates a sudden forceful thrust that is beyond patient's control is.....
 - a. Mobilization
 - b. Stretching
 - c. Circuit training
 - d. Manipulation
17. The type of stretch training most likely to increase isometric strength would bestretching.
 - a. PNF
 - b. Ballistic
 - c. Static
 - d. Dynamic
18. Single breath technique is used to determine:
 - a. Test of gas flow
 - b. Test of lung volume and capacities
 - c. Test of diffusion
 - d. All of the above
19. Three important components of joint mobilization.....
 - a. Roll, Spin, Slide
 - b. Roll, Distraction, Compression
 - c. None of the above
 - d. All of the above
20.is the ability to work for prolonged period of time and resist fatigue.
 - a. Conditioning
 - b. Deconditioning
 - c. Adaptation
 - d. Endurance

(PART-B : Descriptive)

Time : 2 hrs. 40 min.

Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. a. Discuss aerobic exercises and its benefits. 5+5=10
b. Give a note on the three energy systems.
2. a. Discuss briefly the types and effects of traction. 5+5=10
b. Explain cervical traction and its application.
3. Discuss the goals, indications, contraindications, physiological effects and benefits of hydrotherapy. 2+2+2+2+2=10
4. a. Define posture and types of posture. 5+5=10
b. Discuss in detail various factors involved in maintenance of good and poor posture.
5. a. Discuss the indications and contraindications of joint mobilization. 5+5=10
b. Elaborate the types of contracture.
6. a. Explain the examination and evaluation of impaired balance. 5+5=10
b. Types of balance training.
7. Discuss coordination tests. Explain Frenkel's exercise and its techniques with one example. 5+5=10
8. a. What are the causes of impaired balance? 3+7=10
b. Discuss balance training for static and dynamic balance control.

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