

[LH 6270]

AUGUST 2015

Sub. Code: 6270

**SECOND YEAR / III & IV SEMESTER BPT EXAMINATION  
PAPER III - EXERCISE THERAPY - I**

*Q.P. Code : 746270*

**Time: Three hours**

**Maximum: 100 marks**

**I. Elaborate on:**

**(2 x 20 = 40)**

1. Discuss briefly about various phases of gait cycle. Add a note on pathological gaits.
2. Describe the classification of massage and the physiological effects of massage on various body systems.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Positions derived from standing.
2. Values of group exercise.
3. PNF- Patterns of facilitation.
4. Tests for neuromuscular efficiency.
5. Effleurage.
6. Principles of relaxed passive movements.
7. History of massage.
8. Effects of immobilization, injury.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Pendulums.
2. Pelvic tilt.
3. Elasticity.
4. Types of muscle work.
5. Aims of exercise therapy.
6. Tendon- Gliding exercises.
7. Pelvic floor muscle exercises.
8. Fitness.
9. Benefits of Tapotement.
10. Endurance.

\*\*\*\*\*