

[LI 6270]

FEBRUARY 2016

Sub. Code: 6270

**SECOND YEAR 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. Describe in detail the various techniques of general and local relaxation.
2. Describe in detail the techniques and principles of Hydrotherapy.

II. Write notes on:

(8 x 5 = 40)

1. Fixed and movable pulleys.
2. 3rd order levers.
3. Line of gravity, base and equilibrium.
4. Axes and planes.
5. Describe the muscle work and uses of Standing.
6. Rhythmic stabilization.
7. Bio Mechanical principles of gait.
8. Derived positions of sitting.

III. Short answers on:

(10 x 2 = 20)

1. Acceleration.
2. Momentum.
3. Angle of pull.
4. Buoyancy.
5. Concave-Convex Role.
6. Fryette's Law.
7. Work.
8. Inertia.
9. Waddling Gait.
10. General contraindications for active exercise.
