

**TILAK MAHARASHTRA VIDYAPEETH, PUNE**  
**BACHELOR OF PHYSIOTHERAPY (B. P. T.)**

**A**

**EXAMINATION : JUNE - 2023**

**FIRST YEAR**

**Subject: Fundamentals of Kinesiology and Kinesiotherapy (BPT- 21104)**

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**Date: 08/06/2023**

**Total Marks: 80**

**Time: 2.00 pm To 5.00 pm**

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**SECTION – A**

**Q.1 Answer the following questions in short (Any five) (15)**

- a. Newton's 3<sup>rd</sup> law of motion.
- b. Define Torque & Force.
- c. Describe Shoulder Wheel and uses of it.
- d. Enumerate components of the aerobic exercise program.
- e. Trikonasana.
- f. Angle of Pull.

**Q.2 Answer the following questions (Any Five) (35)**

- a. Principles of Hydrotherapy.
- b. Explain Hanging as a Starting position. Write its muscle work.
- c. Effects and uses of Group Exercises.
- d. Frenkel's Exercises.
- e. Give the effects & uses of relaxation. Describe the contrast method of relaxation.
- f. Define lever. Explain types of lever giving suitable examples with respect to human body.

**SECTION – B**

**Q.3 Answer the following questions in detail (Any one) (15)**

- a. Define and classify massage manipulation. Write effects and uses of massage. Write contraindications of massage.
- b. Explain the types and principles of Active Movements. Mention differences between Active and Passive Movements with one example each.

**Q.4 Answer the following questions in detail (Any one) (15)**

- a. Classify suspension therapy. Mention different accessories used in suspension therapy. Write its effects and uses.
- b. Describe Axes and planes in detail with examples. Define angle of pull, moment arm of a force and their importance.

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