

TILAK MAHARASHTRA VIDYAPEETH, PUNE
BACHELOR OF PHYSIOTHERAPY (B. P. T.)
EXAMINATION : NOVEMBER - 2023
FIRST YEAR

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

Date: 24/11/2023

Total Marks: 80

Time: 10.00 am to 1.00 pm

SECTION – A

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

- a. Difference between kinetics and kinematics
- b. Equilibrium
- c. 2 order lever with example
- d. Trick movements
- e. Difference between concentric and eccentric contraction
- f. Discuss in detail about the translator and rotator mechanics.

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

- a. Describe various types of starting positions. Explain the muscle work involved in sitting.
- b. Describe Jacobson relaxation technique.
- c. Massage classification in detail
- d. Discuss about Suryanamaskar, Vajrasana and Trikonasana, also discuss its benefits
- e. Enumerate components of aerobic exercises
- f. Advantages of Group Therapy

SECTION – B

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

- a. Explain the universal goniometer in detail along with its principles. Explain the goniometry procedure for knee flexion with the help of line diagram.

OR

- b. Explain about hydrotherapy .Define in detail about the indication and contraindication for hydrotherapy.

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

- a. Enumerate different types of suspension . Describe the suspension for hip abduction.

OR

- b. Explain about Active movements in detail ? elaborate the difference between the active and active assisted movements. mention the active movements for shoulder joint.