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EXAMINATION : MARCH - 2023
FIRST YEAR

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

Date: 08/03/2023

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. Buoyancy & its role in physiotherapy.
- b. Define Center of Gravity, Base of Support & Equilibrium.
- c. Note on movable pulley.
- d. Write advantages of group therapy.
- e. Uses of Bhujangasana.
- f. Types of Muscle Contraction.

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

- a. Jacobson's Relaxation.
- b. Passive movements- Definition, principles, effects and uses.
- c. Describe different axes and planes. Describe axis and plane for hip flexion movement.
- d. What is suspension therapy? Explain the types of suspension therapy in detail.
- e. Open Vs close kinematic exercises.
- f. Write types of equilibrium with one example of each.

SECTION – B

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

- a. Write in detail classification of massage manipulations. Describe in detail about the types, effects & uses of kneading maneuver.
- b. Classify passive movements. Write the principles of passive movements. Describe passive movements of the right shoulder joint.

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

- a. Define Goniometry. Discuss principles of goniometry giving an example of knee joint. Describe various types of goniometer.
- b. Define a lever. Which are different types of levers? Write in detail about all types of levers in the human body with one example, add note of mechanical advantage.
