

TILAK MAHARASHTRA VIDYAPEETH, PUNE
BACHELOR OF PHYSIOTHERAPY (B. P. T.)
EXAMINATION : MARCH - 2024
FIRST YEAR

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

Date: 7/03/2024

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. Write advantages of group therapy.
- b. Define axis and plane. Enumerate types of it.
- c. Enumerate components of the aerobic exercise program.
- d. Describe Shoulder Wheel and uses of it.
- e. Three advantages of free active exercises.
- f. Define active and passive insufficiency with suitable example.

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

- a. Enumerate and describe any three positions derived from standing by alteration of legs
- b. What is suspension therapy ? Explain the types of suspension therapy in detail
- c. Write physical properties of water.
- d. Define lever. Explain types of lever giving suitable examples with respect to human body
- e. Define goniometry, write principles and uses of goniometry. Add a note on universal goniometer
- f. Explain about COG, LOG and BOS with suitable example.

SECTION – B

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

- a. Define Yoga and describe principles of Yoga. Explain any 4 asanas in supine lying position (7+8)
- b. Define movement and write in detail about classification of movement. Write the principles, effects and uses of passive movements (7+8)

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

- a. Define Relaxation and describe general and local techniques of relaxation. Write effects and uses of each. (8+7)
- b. Define and classify massage manipulation. Write effects and uses of massage. write contraindications of massage (5+10)
