63114

First B.P.Th. (2012) Examination, Summer 2018
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY

Total Duration : Section A + B = 3 Hours

Total Marks : 80

SECTION – A & SECTION – B

Instructions : *1) Use **blue/black** ball point pen only.*

*2) **Do not** write anything on the **blank portion of the question paper**. If written anything, such type of act will be considered as an attempt to resort to unfair means.*

*3) **All** questions are **compulsory**.*

*4) The number to the **right** indicates **full** marks.*

*5) Draw diagrams **wherever** necessary.*

6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.

*7) Use a common answerbook for **all** sections.*

SECTION – A **(50 Marks)**
(SAQ)

1. Short answer question (**any five** out of six) : **(5×3=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.

P.T.O.

2. Short answer question (**any five** out of six) : **(5×7=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) What is pulley ? Describe types of pulley. Add a note on anatomical pulley.

SECTION – B **(30 Marks)**
(LAQ)

3. Long answer question (**any one** out of two) : **(1×15=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)**

4. Long answer question (**any one** out of two) : **(1×15=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

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