

# P. P. SAVANI UNIVERSITY

First Semester of B.P.T. Examination, 2019

SPPT 1030 Exercise-Therapy-I

Date: 01/03/19, Friday

Time: 9 am- 12pm

Max. Marks: 70

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**Instructions:**

1. The question paper comprises of two sections.
2. Section I and II must be attempted in separate answer sheets.
3. Make suitable assumptions and draw neat figures wherever required.

## SECTION-I

(35 Marks)

### Question 1 (Essay Question -Any one)

(1\*10=10 Marks)

- 1) Enlighten the physiological effects of Yoga.
- 2) Based on mechanical principles, classify levers with examples found in human body.

### Question 2 (Short Notes - Any Two)

(2\*5=10 Marks)

- 1) Brief approach to the patient's problem and assessment of patient's condition
- 2) Enlighten the difference between mechanical advantage (MA) of lever and MA of muscle.
- 3) Name the standard methods of testing in exercise therapy

### Question 3 (Very Short Notes-Any Five)

(5\*3=15 Marks)

- 1) Aims of Exercise therapy
- 2) Preparation of patient and therapist in soft tissue mobilization
- 3) Axial and pendular suspension
- 4) Spring in parallel and series
- 5) MA of pulley
- 6) General effects of soft tissue mobilization
- 7) Techniques of Exercise therapy

SECTION-II

(35 Marks)

**Question 1 (Essay Question -Any one)**

**(1\*10=10 Marks)**

- 1) Enlighten about Joint axes and planes
- 2) Brief the following: speed, velocity, work, energy, power, acceleration, momentum, inertia.

**Question 2 (Short Notes - Any Two)**

**(2\*5=10 Marks)**

- 1) Types of muscle contraction
- 2) Parallel Force Systems
- 3) Closed chain and open chain kinematics

**Question 3 (Very Short Notes-Any Five)**

**(5\*3=15 Marks)**

- 1) Base of Support
- 2) Friction
- 3) Branches of Physiotherapy and Scope of Physiotherapy
- 4) Equilibrium
- 5) Line of Gravity
- 6) Components of Physical Function
- 7) Active and passive insufficiency