

P P SAVANI UNIVERSITY

First Semester of B. P.T. Examination

February 2020

SPPT1030 Exercise Therapy - I

28.02.2020, Friday

Time: 09:00 a.m. To 12:00 p.m.

Maximum Marks: 70

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.
4. Use of scientific calculator is allowed.

SECTION - I

Q - 1 Essay Question(Any One) [10]

- (i) Define Massage. Describe Physiological effects & therapeutic uses, indication & contra-indications. Enumerate any two specific techniques.
- (ii) Role of Physical Therapist in Health promotion & wellness.

Q - 2 Short Note(Any Two) [10]

- (i) Cyriax transverse friction massage
- (ii) Psychological effects of exercise
- (iii) Physiological effects & uses of exercise

Q - 3 Very Short Notes(Any Five) [15]

- (i) Anatomical lever
- (ii) Hooke's law
- (iii) Anatomical pulley
- (iv) Springs
- (v) Nervous control of movement
- (vi) Massage for tendinitis
- (vii) Physiological effects of Yoga

SECTION - II

- Q - 1 Essay Question(Any One) [10]**
- (i) Describe axis and plane in details with example (Show axis and plane with diagram)
 - (ii) Types of muscle work and muscles contraction with example
- Q - 2 Short Note(Any Two) [10]**
- (i) Closed chain and open chain kinematics
 - (ii) Describe active and passive insufficiency of muscles
 - (iii) Parallel force systems
- Q - 3 Very Short Notes(Any Five) [15]**
- (i) Types of Crutches & its uses
 - (ii) Types of Resistive devices & its uses
 - (iii) What is COG? Enumerate factors affecting position of COG
 - (iv) Energy and its types
 - (v) Line of gravity
 - (vi) Define force, velocity and acceleration
 - (vii) Group action of muscles
