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P P SAVANI UNIVERSITY

First Semester of B. P.T. Examination
December 2021

SPPT1030 Exercise Therapy I
Time: 9:30 a.m. To 12:30 p.m.

15.12.2021, Wednesday

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) Write a note on planes and axes of human body with examples.
 - (ii) Write down technique and effects of any 5 lying Yogasanas (with diagrams)
- Q - 2 Short Note(Any Two) [10]**
- (i) Write differences between kinetics and kinematics.
 - (ii) Passive insufficiency with example.
 - (iii) What is kinetic and potential energy.
- Q - 3 Very Short Notes(Any Five) [15]**
- (i) Define Hooke's law?
 - (ii) Newton's Laws of motion.
 - (iii) Write all Petrissage techniques of massage
 - (iv) Draw a diagram of LOG of Human body.
 - (v) What are the uses of axillary crutches.
 - (vi) What is the difference between Isotonic and Isometric Contractions.
Psychological effects of Yoga.

SECTION - II

Q - 1 Essay Question(Any One)

[10]

- (i) Define Lever System. Write Lever classification and its Mechanical advantage. Two examples of each in human body (with diagrams).
- (ii) Explain types of muscle contractions with examples and diagram.

Q - 2 Short Note(Any Two)

[10]

- (i) What are shunt and spurt muscles. write one example of each
- (ii) What is meant by Angle of pull? Write its importance
- (iii) Write two differences between open and close kinematic chain exercises.

Q - 3 Very Short Notes(Any Five)

[15]

- (i) Home exercises.
- (ii) Branches of physiotherapy.
- (iii) Advantages of Group Exercises.
- (iv) Write two effects of effleurage in Massage Therapy..
- (v) Difference between Force and Torque.
- (vi) What are the effects of Yogasanas on Musculo-skeletal system.
- (vii) What are Active and Passive Exercises.
