

P P SAVANI UNIVERSITY

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

SPPT1030 Exercise Therapy I
Time: 10:00 a.m. To 1:00 p.m.

10.07.2021, Saturday

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 about various Mechanical, Physiological and Psychological effects of massage therapy.
- (ii) Write down technique and effects of any 5 standing Yogasanas (with diagrams)
- Q - 2** **Short Note(Any Two)** [10]
- (i) Write two differences between Fixation and Stabilization.
- (ii) Define Active insufficiency with two examples.
- (iii) Define muscles on the basis of Group Action.
- Q - 3** **Very Short Notes(Any Five)** [15]
- (i) Define Transverse Plane. Write two movements taking place in Transverse plane
- (ii) Write difference between Kinetics and Kinematics
- (iii) Define Friction massage. Write its types.
- (iv) Define Centre of Gravity (COG) of a body.
- (v) Write two uses of Parallel Bar in physiotherapy.
- (vi) What are Isotonic contractions? Write its types
- (vii) Write two benefits of Pavanmutaksana.

SECTION - II

- Q - 1** **Essay Question(Any One)** **[10]**
- (i) Write about Scope of Physiotherapy and role of Physiotherapist in Health Promotion.
 - (ii) Define Lever System. Write Lever classification and its Mechanical advantage. Two examples of each in human body (with diagrams).
- Q - 2** **Short Note(Any Two)** **[10]**
- (i) Write about self- preparation for therapist before giving Massage therapy.
 - (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) Define Plane and Axis of movements.
 - (ii) What are shunt and spurt muscles. write one example of each
 - (iii) Advantages of Group Exercises.
 - (iv) Uses of Wall Bar in Exercise Therapy Unit.
 - (v) Draw line diagram of Line of Gravity (LOG) passing through Human body with landmarks.
 - (vi) What are Psychological effects of Exercises?
 - (vii) What are Active and Passive Exercises?
