

P P SAVANI UNIVERSITY
Third Semester of B. P.T. Examination
Feb 2021

SPPT2012 EXERCISE THERAPY - III

01.02.2021, Monday Time: 10:30 A.M to 12:30 P.M Maximum Marks: 50

Instructions:

Module 2 is of 50 Marks (Total Time 2 hours)

In module 2 -Attempt any **TEN** questions. Each question carries maximum **05 marks**.
Write your answer on a paper (Preferably A4 sheet) and make sure to include following information on **each sheet**:

- 1) Your Enrollment ID (on top of the page)
- 2) Subject Code (on top of the page)
- 3) Name of the Subject (on top of the page)
- 4) Date (on bottom of the page)
- 5) Your Signature (on bottom of the page)
- 6) Page number (on bottom of the page)
- 7) Students will get **only 15 minutes (12:45 P.M)** to scan and upload PDF answer sheets. After completion of exam time, **05 marks** will be deducted per minute for delay submission.

1. Write down causes of immobility. Definition and types of passive movements.
2. Brief about physiologic adaptation to training in regarding to Strength & Power, Endurance.
3. Brief about Open-Chain and Closed-Chain exercise and give examples of it.
4. Write in detail about Strength and Power training
5. List out Indications, Contraindications and precautions for joint mobilization.
6. Write a note on Basic principles of PNF
7. Write in detail about DAPRE technique
8. Write down types of stretching techniques.
9. What is Plyometric training.
10. Types of Isometric exercise.
11. Brief about Contract relax and hold relax techniques of PNF.
12. Contraindications and precautions for Aquatic exercise therapy.