

Sem-3 (Reg.)
ESE
2019

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

SPPT2012 EXERCISE THERAPY - III

01.02.2021, Monday Time: 10:00 a.m. To 10:30 a.m. Max Marks: 20

INSTRUCTIONS FOR MODULE- 1 (Multiple Choice Questions) [20 MARKS]

1. There are 20 Multiple choice questions.
2. All questions are compulsory.
3. You have to attempt all the questions to submit your response.
4. Each question carries 1 marks for each correct answer and 0 marks for wrong answers.
5. Only 30 minutes will be given for attempting and submitting the response.
6. After completion of exam time, 02 marks will be deducted per minute for delay in submission

1] Relaxed passive movement is useful for ____.

- A]. Muscle strengthening
- B]. Improving joint range of motion
- C]. Remembrance of pattern of movement
- D]. Improving co-ordination

2] Which statement is not correct regarding benefits of CPM?

- A] decreases the complications of immobilization
- B] improving the circulation through pumping action
- C] decreases the post-operative complications and pain
- D] increases joint effusion and wound edema

3] If muscle performance is to improve, a load that exceed the metabolic capacity of the muscle must be applied; that is a muscle must be challenged to perform at a level greater than to which it is accustomed. Which principle is this?

- A]. SAID
- B]. Overload
- C]. reversibility
- D]. none of the above.

4] Power is....

- A]. The capacity of a muscle to do work
- B] Ability of contractile tissue to produce tension that results in a force
- C] Work/time
- D] Ability to continually contract and resist

5] Concentric contraction

- A] Shortening of a muscles
- B] Rate control contraction
- C] Lengthening of a muscle
- D] Involves no muscle movement

6] Manual muscle testing is the application of _____ by the tester or by the ____ to the voluntary maximum _____ of the patient's muscle

- A] Resistance, force of gravity, contraction
- B] Pressure, force of resistance, volume
- C] The force of gravity, contraction, resistance
- D] Bandages, assistant

7] Client unable to contract the muscle and no muscle tension is felt with palpation, muscle grade is

- A] Grade 0
- B] Grade 5
- C] Grade 4
- D] Grade 1

8] Testing at the end range of motion with muscle providing isometric contraction is called a

- A] Break test.
- B] Resistance check
- C] Contractibility test
- D] Make test

9] Which muscle performs the antagonist movement when you straighten your arm?

- A] Biceps
- B] Triceps
- C] Quadriceps
- D] Gastrocnemius

10] To perform a high kick, you must lift up your leg at the hip, also known as flexing the hip. Which two muscles perform hip flexion?

- A] Quadriceps (agonist) and hamstrings (antagonist)
- B] Quadriceps (antagonist) and hamstrings (agonist)
- C] Gastrocnemius (agonist) and hamstrings (antagonist)
- D] Gastrocnemius (antagonist) and hamstrings (agonist)

11] Which of the following conditions would you consider the most appropriate indication for the use of high-grade joint mobilization techniques?

- A] Loss of accessory joint movement due to capsular restriction
- B] Functional immobility: eg paralysis
- C] Joint hypo mobility due to osteoarticular blockage
- D] Pain Systemic

12] Which of the following applications would you consider to be the most precise stretching technique?

- A] Grade 2 sustained glide
- B] Grade 3 sustained glide
- C] Grade 3 oscillatory glide
- D] Grade 4 oscillatory glide

13] Characteristics of roll include:

- A] Joint surfaces are maximally congruent
- B] Roll results in swing of the bone
- C] Rolling is always in the opposite direction of the swing of the moving bone
- D] New points on one surface contact the same point on the opposing surface

14] This type of stretching has been shown to increase injury in athletes

- A] Static
- B] Ballistic
- C] Dynamic
- D] PNF

15] There are types of PNF stretching including

- A] Hold-relax & Contract-relax
- B] Hold-agonist contract & Relax-antagonist contract
- C] A AND B
- D] None of the above

- 16] A proper warm should involve and accomplish the following:
- A] Stretching
 - B] Prepare the athlete for practice
 - C] Decrease the risk of injury
 - D] All of the above
- 17] Which of the following is NOT true concerning PNF patterns?
- A] PNF patterns are more concerned with mass body movements as opposed to specific muscle actions
 - B] PNF can restore or enhance postural responses of normal patterns of motion
 - C] PNF patterns are more concerned with specific muscle action as opposed to mass body movements.
 - D] PNF uses proprioceptive input to improve (facilitate) neuromuscular function during human movement.
- 18] Match the following definition: Awareness of posture, movement, and changes in equilibrium and the knowledge of position, weight, and resistance of objects in relation to the body.
- A] Neuromuscular
 - B] Proprioception
 - C] Facilitation
 - D] PNF
- 19] Warm water relaxes blood vessels and increases:
- A] Circulation
 - B] Strength
 - C] Desire
 - D] The urge to shop
- 20] Temperature often plays a role in hydrotherapy as does_____.
- A] Training
 - B] Elevation
 - C] Water pressure
 - D] Time