

Backlog - 1 sem 4

P P SAVANI UNIVERSITY
Fourth Semester (Backlog -I) of B.P.T. Examination
January 2019
SPPT 2073 Exercise Therapy-IV
Time: 9:00a.m. To 12:00noon Max. 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

(35 Marks)

Question 1 (Essay Question –Any one)

(10*1=10 Marks)

- 1) Define Posture and its types. Discuss in detail the principles of posture re-education to achieve good posture
- 2) Discuss the principles of relaxation techniques in detail.

Question 2 (Short Notes – Any Two)

(5*2=10 Marks)

- 1) Pathological gaits
- 2) Tests for co-ordination
- 3) Postural mechanism

Question 3 (Very Short Notes-Any Five)

(3*5=15 Marks)

- 1) Causes for in co-ordination
- 2) Determinants of Gait
- 3) Contract relax technique
- 4) Uses of Frenkel's exercise
- 5) Types of balance
- 6) Center of Gravity
- 7) Types of kinematic chain exercises

SECTION-II

(35 Marks)

Question 1 (Essay Question –Any one)

(10*1=10 Marks)

- 1) Define Gait and explain in detail the Phases of Gait cycle
- 2) Deviation of Gait in Sagital Plane.

Question 2 (Short Notes – Any Two)

(2*5=10 Marks)

- 1) Trendelenburg Sign
- 2) Principle of Frenkel's Exercise
- 3) Classification of active movement.

Question 3 (Very Short Notes-Any Five)

(3*5=15 Marks)

- 1) Principles of PNF
- 2) Good and bad posture
- 3) Effect of Gravity on Balance
- 4) Effects of stress on body mechanisms
- 5) Types of resisted Exercise
- 6) Types of stretching
- 7) Relaxed passive movement.
