

Sem-4(R)
2019
ESE

P P SAVANI UNIVERSITY

Fourth Semester of B. P.T. Examination

July 2021

SPPT2073 Exercise Therapy IV

Time: 10 a.m. To 1:00 p.m.

22.07.2021, Thursday

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.

SECTION - I

- Q - 1 Essay Question(Any One) [10]**
- (i) What is Exercise Testing? Write a note on Exercise Program(Phases of Aerobic exercise).
 - (ii) Definition of posture. Types of Posture with Example. Write about scoliosis and its Reeducation.
- Q - 2 Short Note(Any Two) [10]**
- (i) Write any 2 methods of Relaxation Technique.
 - (ii) Examination & Evaluation of Impaired Balance.
 - (iii) Segmental Limb length measurements.
- Q - 3 Very Short Notes(Any Five) [15]**
- (i) Hemiplegic Gait.
 - (ii) Criteria for Good posture.
 - (iii) Definition: Postural tone
Muscular tone.
 - (iv) Motor Strategies for Balance Control.
 - (v) Definition: Oxygen debt
Oxygen deficit.
 - (vi) SAID Principle.
 - (vii) Adaptation.

SECTION - II

- Q - 1 Essay Question(Any One) [10]**
- (i) What is Gait? Discuss about Gait cycle and its phases.
 - (ii) Physiological Response To Aerobic Exercise.
- Q - 2 Short Note(Any Two) [10]**
- (i) Termination criteria for exercised testing.
 - (ii) Exercise prescription for Osteoporotic Patient.
 - (iii) Write down uses of Frenkel's exercise and technique of Frenkel's exercise.
- Q - 3 Very Short Notes(Any Five) [15]**
- (i) Treadmill test.
 - (ii) Genu Varum.
 - (iii) Ataxic gait.
 - (iv) Functional Re-education from lying to sitting.
 - (v) Types of stress.
 - (vi) Fatigue.
 - (vii) Reversibility Principle.
