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P P SAVANI UNIVERSITY

Fourth Semester of B. P.T. Examination

February 2020

SPPT 2073 Exercise therapy IV

04.02.2020, Tuesday

Time: 09:00 a.m. To 12:00 Noon

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) Define Posture and explain in detail about the analysis of Posture in Sagittal plane.
 - (ii) Define Coordination and write down the causes of in-coordination.
- Q - 2 Short Note(Any Two) [10]**
- (i) Write a note on various deviations of posture in Sagittal plane.
 - (ii) Methods and techniques of relaxation.
 - (iii) Trendelenburg sign
- Q - 3 Very Short Notes(Any Five) [15]**
- (i) Foot drop gait.
 - (ii) Frenkel's exercise.
 - (iii) Equilibrium and non Equilibrium test.
 - (iv) Difference between spasticity and Flaccidity.
 - (v) Plyometrics.
 - (vi) Causes of impaired balance.
 - (vii) Principles of re- education.

SECTION - II

- Q - 1 Essay Question(Any One) [10]**
- (i) How will you plan and prescribe exercise for a recent Myocardial Infarction patient?
 - (ii) How will you assess Cardio-respiratory fitness level?
- Q - 2 Short Note(Any Two) [10]**
- (i) Body Mass Index calculation.
 - (ii) Difference between Aerobic and anaerobic exercise.
 - (iii) Cardio-respiratory changes during exercise.
- Q - 3 Very Short Notes(Any Five) [15]**
- (i) Oxygen debt.
 - (ii) Oxygen and carbon dioxide transport.
 - (iii) Fatigue recovery.
 - (iv) Physiological changes after exercise training.
 - (v) Basic principles of exercise testing.
 - (vi) Phases of aerobic training.
 - (vii) Acute response to exercise.
