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PRELIMINARY EXAMINATION 1ST YEAR BPh 2018-19  
FUNDAMENTALS OF KINESIOLOGY & ICINESIOTHERAPY  
Total Duration: Section A+B = 3 hours

Date: 12/04/2019

Total Marks: 80

Instruction:

1. Use blue/black ball point pen only.
  2. Do not write anything on the blank portion of the question Paper. If written anything, such type of act will be considered an attempt to resort to unfair means.
  3. All questions are compulsory.
  4. The number to the right indicates full marks.
  5. Draw diagrams wherever necessary.
  6. Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
  7. Use a common answer book for all Section.
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SECTION — A SAQ (50 Marks)

1. Short answer questions (5X3=15)
  - a) Enumerate axes and planes with examples
  - b) 2<sup>nd</sup> order lever
  - c) Shoulder wheel
  - d) Principles of general relaxation
  - e) Buoyancy and its role in physiotherapy
  - f) Enumerate different positions derived from standing
  
2. Short answer questions (5X7=35)
  - a) Give the effects and uses of resisted exercises
  - b) Write the principles of Yoga. Describe and give the uses of Vajrasana.
  - c) Explain the different types of equilibrium with one example each.
  - d) Describe sitting as fundamental starting position
  - e) Classification of massage. Petrissage stroke and effects
  - f) Types of muscle action. Write a note on angle of pull.

**SECTION — B LAQ (30 Marks)**

**3. Long answer question (any 1 out of 2) (15 marks)**

- a) Classify passive movements (4)  
Write the principles of passive movements. (5)  
Describe passive movements of the Right Shoulder Joint. (6)

b) Discuss in detail physiological effects of Hydrotherapy. Enumerate the contraindications (12+3= 15marks)

**4. Long answer question (any 1 out of 2) (15 marks)**

- a) Describe principles of suspension. (4)  
Describe suspension apparatus in detail (7)  
Add a note on effects and uses (4)
- b) Principles of group therapy (5)  
Formation of an exercise group (4)  
Therapeutic effects of group exercise (6)

-X-X-X-X-X-X-X-X-X-X.

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