

TILAK MAHARASHTRA VIDYAPEETH, PUNE
BACHELOR OF PHYSIOTHERAPY (B. P. T.)
EXAMINATION : DECEMBER - 2024
FIRST YEAR

Subject: Fundamentals of Kinesiology and Kinesiotherapy (BPT- 21104)

Date: 28/12/2024

Total Marks: 80

Time: 10.00 am To 1.00 pm

SECTION – A

Q.1 Answer the following questions in short (Any five) (15)

- a. Enumerate different positions derived from sitting
- b. Write advantages of group therapy
- c. Range of muscle work
- d. Define centre of gravity, Base of support and tension
- e. Cool down exercises
- f. Naukasana

Q.2 Answer the following questions (Any Five) (35)

- a. Write types of muscle work. Write a note on angle of pull.
- b. Explain the different types of equilibrium with one example each.
- c. Describe hanging as a starting position. Write its muscle work.
- d. Describe Frenkel's exercises. Give 2 examples.
- e. What is relaxation? Describe contrast method in detail.
- f. Write the principles of suspension therapy. Explain axial suspension in detail.

SECTION – B

Q.3 Answer the following questions in detail (Any one) (15)

- a. Classify massage. Describe in detail about the types of kneading manoeuvre. Write effects of massage (3+6+6)
- b. Define a lever. Explain different types of levers. Write in detail about one example of each type of lever in the human body. (1+7+7)

Q.4 Answer the following questions in detail (Any one) (15)

- a. Define passive movements. Write about the classification and indications of passive movements. Write about the effects of passive movements. (1+7+7)
- b. Write about the different types of goniometers. Describe universal goniometer in detail. Write about positioning of the patient during goniometry assessment. (4+5+6)
