

PARUL UNIVERSITY
FACULTY OF PHYSIOTHERAPY
BPT, Examination (Month - Year)

Year: 1

Subject Code: 07101105

Subject Name: Exercise Therapy– I and Massage Manipulations

Date:

Time: 3 Hour

Total Marks: 70

Instructions:

1. All questions are mandatory
2. Figures to the right indicate full marks.
3. Draw Diagram wherever necessary.
4. Write separate sections on separate answer sheets.

SECTION- A		
Q.1	Define and Classify Passive movements, Explain in detail relax passive movements.	(15)
OR		
Q.1	Write in detail about Lever & its types also explain its uses in Physiotherapy.	(15)
Q.2	Write Short Notes (4 out of 5) (5 Marks each)	(20)
(a)	Explain Pelvic Tilt	
(b)	Equilibrium	
(c)	Explain Force	
(d)	COG, LOG	
(e)	Derived positions from kneeling.	
SECTION- B		
Q.3	Explain all Fundamental starting positions with its muscle work, effects and uses.	(15)
OR		
Q.3	Write in detail about Positions derived from standing, by alteration of arms, legs & trunk.	(15)
Q.4	Write Short Notes (4 out of 5) (5 Marks each)	(20)
(a)	Physiological effects of exercises.	
(b)	Newtons Law of Gravity.	
(c)	Explain Axis & planes	
(d)	Derived positions from Hanging	
(e)	Write in detail about springs	