



First BPTH (2012) Examination, Winter 2017  
**FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY**

Total Duration : Section A + B = 3 Hours

Total Marks : 80

SECTION – A & SECTION – B

- Instructions :**
- 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 as 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 answerbook for **all** sections.

SECTION – A SAQ (50 Marks)

1. Short answer question (**any five** out of six) : (5x3=15)
- a) Shoulder Wheel.
  - b) Write a note on movable pulley.
  - c) Trikonasana.
  - d) Importance of warm up exercises.
  - e) Write a note on Parallelogram of forces.
  - f) Axes and Planes.

2. Short answer question (**any five** out of six) : (5x7=35)
- a) Effects and uses of Free Exercises.
  - b) Explain Hanging as a Starting position. Write its muscle work.
  - c) Define Relaxation. Describe any one method in detail.
  - d) Physiological effects of massage.
  - e) Effects and uses of Group Exercises.
  - f) Newtons laws of motion.

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SECTION – B LAQ (30 Marks)

3. Long answer question (**any one** out of two) :

(1x15=15)

- a) Write the principles of suspension therapy. Explain Axial suspension in detail with its effects and uses.
- b) Define a lever. Which are the different types of levers ? Write in detail about the different types of levers with one example each in the human body:

4. Long answer question (**any one** out of two) :

(1x15=15)

- a) Describe types of Goniometers. What are uses of Goniometry ? Write principles of Goniometry.
  - b) Define Passive movements. Write about the classification and indication of passive movements. Write about the effects and uses of passive movements.
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First B.P.Th. (2012) Examination, Summer 2017  
**FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY**

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  - 7) Use a common answerbook for **all** Sections.

SECTION – A SAQ (50 Marks)

1. Short answer question (**any five** out of six) : (5×3=15)
  - a) Center of gravity
  - b) Bhujangasana
  - c) Shoulder Wheel
  - d) Cool down exercises
  - e) Indication and contraindication to massage
  - f) Universal goniometer.
  
2. Short answer question (**any five** out of six) : (5×7=35)
  - a) Friction and its application in physiotherapy
  - b) Group exercises
  - c) Passive movements- Definition, principles, effects and uses

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- d) Principles of Hydrotherapy
- e) Anatomical lever
- f) Ranges of muscle work.

**SECTION – B LAQ (30 Marks)**

3. Long answer question (**any one** out of two) : **(1×15=15)**
- a) Define and classify massage. Describe any one type of manipulation in detail with their effects and uses. **(5+6+4)**
  - b) Describe fundamental standing position with its muscle work and effects and uses. **(5+7+3)**
4. Long answer question (**any one** out of two) : **(1×15=15)**
- a) Classify suspension therapy. Mention different accessories used in suspension therapy. Write its effects and uses. **(4+4+7)**
  - b) Describe Axes and planes in detail with examples. Define angle of pull, moment arm of a force and their importance. **(6+9)**



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First B.P.Th. (2012) Examination, Winter – 2016  
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Total Marks : 80

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  - 4) The number to the **right** indicates **full** marks.
  - 5) Draw diagrams **wherever** necessary.
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  - 7) Use a common answerbook for **all** Sections.

**SECTION – A SAQ (50 Marks)**

1. Short answer question (**any five** out of six) : (5×3=15)
  - a) Write types of equilibrium.
  - b) Enumerate cardinal Planes and Axes.
  - c) Range of muscle work.
  - d) State Newton's First Law with example.
  - e) Define Center of Gravity and Line of Gravity.
  - f) Define Third order lever with one example.
  
2. Short answer question (**any five** out of six) : (5×7=35)
  - a) Describe classification of movements with examples.
  - b) Describe the principles of relaxation.
  - c) Describe the effects of warm up and cool down phase of Aerobic exercise programme.
  - d) Describe the equipments used to improve joint mobility in therapeutic gymnasium.
  - e) Describe Indications and contraindications to Hydrotherapy.
  - f) Describe group action of muscles (agonist, antagonist, synergist and fixators).

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SECTION – B LAQ (30 Marks)

3. Long answer question (**any one** out of two) : (1×15=15)
- a) Define and classify methods of suspension therapy. Describe the apparatus and accessories used for the suspension.
  - b) Describe principles and uses of goniometry. Write down different types of goniometers. Describe in detail the universal goniometer.
4. Long answer question (**any one** out of two) : (1×15=15)
- a) Define massage. Describe classification of massage manipulations. Add a note on Physiological and therapeutic effects of massage.
  - b) Describe the muscle work in fundamental standing position. Describe the derived positions from standing by alteration of trunk and legs.
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**First B.P.Th. (2012) Examination, Summer 2016  
FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY**

Total Duration : Section A + B = 3 Hours

Total Marks : 80

**SECTION – A & SECTION – B**

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  - 4) The number to the **right** indicates **full** marks.
  - 5) Draw diagrams **wherever** necessary.
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  - 7) Use a common answer book for **all** Sections.

**SECTION – A SAQ (50 Marks)**

1. Short answer question (**any five** out of six) : (5×3=15)
  - a) Enumerate axis and planes with examples.
  - b) What are the parts of parallel bars ?
  - c) State Newton's second law with example.
  - d) Define line of gravity.
  - e) Write advantages of relaxation.
  - f) Write advantages of free exercises.
  
2. Short answer question (**any five** out of six) : (5×7=35)
  - a) Explain the different types of equilibrium with one example each.
  - b) Give the effects and uses of hydrotherapy.
  - c) Give the effects and uses of resisted exercises.
  - d) Describe the effects and uses of warm up and cool down phases.
  - e) Give the principles of Yoga. Describe and give the uses of Paschimottasan.
  - f) Describe sitting as a fundamental starting position.

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SECTION – B LAQ (30 Marks)

3. Long answer question (**any one** out of two) : (1×15=15)
- a) Describe and classify methods of suspension therapy. Write down the advantages and apparatus used in suspension therapy.
  - b) Define and classify massage. Discuss in detail about the types, effects and uses of kneading manoeuvre.
4. Long answer question (**any one** out of two) : (1×15=15)
- a) Describe the principles and uses of goniometry. Write about the different types of goniometers.
  - b) Define a lever. Which are the different types of levers ? Write in detail about all types of levers in the human body with one example each.



**First B.P.Th. (2012) Examination, Summer 2015**  
**FUNDAMENTALS OF KINESIOLOGY AND KINESIOTHERAPY – IV**

Total Duration : Section A + B = 3 Hours

Total Marks : 80

**SECTION – A & SECTION – B**

- Instructions :**
- 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 as 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** Sections.

**SECTION – A**  
(SAQ)

**(50 Marks)**

1. Short answer question (**any five** out of six) : **(5×3=15)**
  - a) Write the factors on which stability of body depends.
  - b) Define biomechanics and classify the same.
  - c) Dhanurasana.
  - d) Note on Movable pulley.
  - e) Write note on parallelogram of forces.
  - f) Write a note on Passive insufficiency of a muscle.
2. Short answer question (**any five** out of six) : **(5×7=35)**
  - a) Write a note on Types of muscle work.
  - b) Explain Sitting position and write its Muscle work.
  - c) Explain the Principle of passive movement in detail.
  - d) Define relaxation. Describe any one method in detail.
  - e) Write a note on Physics mechanics related to Hydrotherapy.
  - f) Any three Derived position in Standing with it uses and effect.

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SECTION – B  
(LAQ)

(30 Marks)

3. Long answer question (**any one** out of two) : (1×15=15)
- a) Describe Anatomical lever and explain its types with example. (5+10)
  - b) Describe the various cardinal Axis and Planes . Write Newton's laws of motion. (8+7)
4. Long answer question (**any one** out of two) : (1×15=15)
- a) Write the principles of Goniometry and write the Types of Goniometers and explain measurement of hip abduction ROM. (5+5+5)
  - b) What is massage ? Indication and contraindications of massage. Explain the back massage in detail. (2+5+8)
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## First BPTH (2012), Winter 2015

## Fundamentals of Kinesiology and Kinesiotherapy - IV

Total Duration : Section A + B = 3 Hours

Total Marks : 80

## Section - A &amp; Section - B

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- 3) **All** questions are **compulsory**.
- 4) The number to the **right** indicates **full marks**.
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- 7) Use a common answerbook for all sections.

**Section "A" SAQ (50 Marks)**

1. Short answer question (**any five** out of six) : (5x3=15)
  - a) Note on stable equilibrium
  - b) Effect of warm up exercise
  - c) Write an note on Angle of pull
  - d) Jacobson method of relaxation
  - e) Note on Shoulder wheel
  - f) Dhanurasana.
2. Short answer question (**any five** out of six) : (5x7=35)
  - a) Write the note on standing and write its effect and uses.
  - b) Physical Properties of water used in Hydrotherapy.
  - c) Note on Type of muscle work and add an note on Passive insufficiency.
  - d) Name the derived position from Kneeling and write any three positions in detail.
  - e) Define Goniometry and write an note on measurement of Shoulder Flexion.
  - f) Write a note on Principles of passive mobility exercises.

**Section "B" LAQ (30 Marks)**

3. Long answer question (**any one** out of two) : (1x15=15)
  - a) Discuss levers in human body with respect to Mechanical Advantage.
  - b) Define Suspension add an note on its types and Explain Vertical Suspension for shoulder Abduction.
4. Long answer question (**any one** out of two) : (1x15=15)
  - a) Define Passive movement and write its principles, effect & uses in detail.
  - b) Define massage. Give its classification and write in details about pertissage maneuver.