

Sr.No.8005

Exam Code: 106701
Sub. Code : 001051

Bachelor in Physiotherapy – Ist Year (B.P.T.)
(Batch 2025-29)
(2526)

Paper-V : Exercise Therapy-I

Time allowed: 3 hrs.

Max. Marks: 100

Attempt five questions at least one question from each section and fifth question may be attempted from any section. Each question carries equal marks.

SECTION A

1. Explain about Neuromuscular coordination and explain in detail about frenkel's exercises. (20)
2. Classify the types of movements, explain its techniques of application, indications and contraindications. (20)

SECTION B

3. Describe the grades of Manual muscle Testing (MMT). Explain shoulder flexors MMT. (20)
4. Explain the principles of goniometry, its various types, along with goniometry of hip flexors describe the patient and therapist position. (20)

SECTION C

5. Define and classify effleurage, stroking, kneading, petrissage, deep friction massage, vibration and shaking. Write its therapeutic effects. (20)
6. Explain the physiological effect of massage on circulatory, Nervous, Musculoskeletal, excretory, respiratory system along with its contraindications. (20)

SECTION D

7. Explain in detail about techniques of relaxation and its clinical application. (20)
8. Describe various equipments in therapeutic gymnasium along with its effects and uses. (20)

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Exam Code: 106701
Subject Code : 001051

Bachelor in Physiotherapy – 1st Year (B.P.T.) (Batch 2024-28)
(2525)

Paper-V: Exercise Therapy-I

Time allowed: 3 hrs.

Max. Marks: 100

Attempt five questions at least one question from each section and fifth question may be attempted from any section. Each question carries 20 marks.

SECTION A

1. Describe in detail about principles of Suspension therapy. Write the techniques of applications for shoulder flexion, extension along with its indications. (20)
2. Explain about neuro-muscular co-ordination and exercise for treatment. (20)

SECTION B

3. Explain about grades of Manual Muscle Testing (MMT) in detail. Write MMT for Shoulder External rotation. (20)
4. Define goniometry, its types. Explain about testing position, procedure for Hip Extensor goniometry. (20)

SECTION C

5. Write in details about physiological effects of soft tissue manipulation & its contraindications. (20)
6. Define soft tissue manipulation and write its classification in detail. (20)

SECTION D

7. Describe relaxation, techniques of relaxation in detail. Explain about indications of relaxation. (20)
8. Explain about various equipments in the gymnasium and its uses. (20)

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Sr.No.7955

Exam Code: 106701
Subject Code : 1051

Bachelor in Physiotherapy - 1st Year (B.P.T.)
(Batch 2023-27)
(2524)

Paper-V: Exercise Therapy-I

Time Allowed: 3 hrs.

Max. Marks: 100

Attempt five questions one question from each section and attempt fifth question from any section. Each question carries equal marks.

SECTION A

1. Describe about neuromuscular co-ordination & Explain about frenkel's exercises. (20)
2. Explain about principles of suspension therapy, its equipment's & suspension therapy for flexion and extension of hip joint. (20)

SECTION B

3. Explain about the types of goniometers, factors affecting the joint range of motion along with goniometry of shoulder abductors. (20)
4. Describe the grades of Manual Muscle Testing (MMT). Explain about shoulder abductors MMT. (20)

SECTION C

5. Define and classify soft tissue manipulation. Explain its indications in detail. (20)
6. Write the physiological effects of therapeutic massage & its contraindications. (20)

SECTION D

7. Write about equipment's required to setup therapeutic gymnasium. (20)
8. Explain about techniques of general relaxation. (20)

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Sr.No.7955

Exam Code: 106701
Subject Code : 1051

Bachelor in Physiotherapy - Ist Year (B.P.T.) (Batch 2022-26)
(2523)

Paper-V : Exercise Therapy-I

Time allowed: 3 hrs.

Max. Marks: 100

Attempt five questions one question from each section and attempt fifth question from any section. Each question carries equal marks.

SECTION A

- 1) Define neuromuscular co-ordination and explain about frenkel's exercises. 20 Marks
- 2) Explain classifications of movements along with its indications. 20 Marks

SECTION B

- 3) What is MMT? Explain grades of MMT & write the MMT for elbow joint in detail. 20 Marks
- 4) Describe about the principles of goniometer and explain goniometry for wrist joint. 20 Marks

SECTION C

- 5) Explain the classification and contraindication of soft tissue manipulation. 20 Marks
- 6) Explain about the physiological effects of soft tissue manipulation. 20 Marks

SECTION D

- 7) What is motor learning. Explain theories of motor learning and classification of motor skills. 20 Marks
- 8) Explain the techniques of relaxation in detail. 20 Marks

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