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School of Medical and Allied Sciences

Bachelor of Physiotherapy

Mid Term Examination - Nov 2023

Duration : 90 Minutes

Max Marks : 50

Sem III - L1UB305T - Foundation of Exercise Therapy and Therapeutic MassageGeneral Instructions*Answer to the specific question asked**Draw neat, labelled diagrams wherever necessary**Approved data hand books are allowed subject to verification by the Invigilator*

- 1) Examine the significance of monitoring and tracking progress during the course of treatment in exercise therapy. K2 (2)
- 2) Enlist the components of physical function: definition of key terms. K1 (3)
- 3) Demonstrate the proper execution and benefits of fundamental and derived positions in exercise therapy and explain their role in improving patient outcomes. K2 (4)
- 4) Explain the role of exercise therapy in preventing and managing chronic diseases. K2 (6)
- 5) Identify how does stress affect the body's overall physiological mechanisms? K3 (6)
- 6) Construct the principles of functional training in exercise therapy and their application in rehabilitation. K3 (9)
- 7) List examples of common functional tests used in exercise therapy. K4 (8)
- 8) Classify and explain the techniques or methods used to measure ROM for different peripheral joints. K4 (12)

OR

- Compare and contrast passive movements with active movements and present it in a tabular column K4 (12)