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School of Medical and Allied Sciences

Bachelor of Physiotherapy

Semester End Examination - Jun 2024

Duration : 180 Minutes

Max Marks : 100

Sem IV - L2UA401T - BHPT4001 Exercise TherapyGeneral 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) What are the principles of aerobic training? K1 (2)
- 2) Make a use of concept of circuit weight training? K2 (4)
- 3) Explain the Tissue response towards immobilization and elongation during stretching. K2 (6)
- 4) Compare the isometric exercises and isotonic exercises in terms of muscle activation. K3 (9)
- 5) Discuss the role of myofascial assessment in evaluating soft tissue status. How does acute and chronic muscle hold differ in clinical presentation and treatment approach? K3 (9)
- 6) Explain the basic principles of PNF with diagram. K5 (10)
- 7) Discuss the dependent suspension in lower limbs. K4 (12)
- 8) Elaborate the goals, indication and contraindication of hydrotherapy. K5 (15)
- 9) Explain the components of balance, including sensory, musculoskeletal, and biomechanical aspects. Discuss how impairment in any of these components can lead to balance dysfunction. K5 (15)
- 10) Discuss the assessment of joint integrity and mobility in manual therapy practice. Explain the importance of examining accessory movements and end feel during joint assessment, and how these assessments contribute to the formulation of a treatment plan. Provide clinical examples to support your explanation. K6 (18)