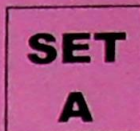


**BACHELOR OF PHYSIOTHERAPY
THIRD SEMESTER
EXERCISE THERAPY-II
BPT-301**



[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 min.

(Objective)

Marks: 20

Choose the correct answer from the following:

1×20=20

1. Foam & Dome tests are also known as?
 - a. Reactive postural control test
 - b. Sensory organization test
 - c. Anticipatory posture control test
 - d. Multidirectional reach test
2. Moving water in hydrotherapy pool transfers heat by which method?
 - a. Conduction
 - b. Convection
 - c. Evaporation
 - d. Both a & b
3. EPOC Stands for?
 - a. Extra pre exercise O₂ consumption
 - b. Excess pre exercise O₂ consumption
 - c. Excess post exercise O₂ consumption
 - d. Extra post exercise O₂ consumption
4. Basic function of the muscle spindle is/are?
 - a. Elasticity
 - b. Maintain muscle tone
 - c. Load bearing capacity
 - d. Both a & b
5. Which of the following disease you can't prescribe in intermittent traction?
 - a. Spinal cord compression
 - b. Herniated disk
 - c. Spinal nerve root compression
 - d. Both a & c
6. Drawing a circle with feet is an example of which test?
 - a. Equilibrium
 - b. Non equilibrium
 - c. Rebound
 - d. None of the above
7. Which of the following principle does not comes under manual muscle testing?
 - a. Pattern
 - b. Demonstration
 - c. Stabilization
 - d. Position
8. Movement in which all molecules moves parallel to each other & in a slow manner is termed as?
 - a. Turbulent Flow
 - b. Drag Force
 - c. Lamillar Flow
 - d. Linear Flow
9. In sway back posture thoracic vertebra assumes which position?
 - a. Mild extension
 - b. Slight flexion
 - c. Reduced curvature
 - d. None of the above

10. In Berg balance scale how many items are tested?
 - a. 40
 - b. 24
 - c. 44
 - d. 14

11. Normally balance mostly relies on?
 - a. Vestibular
 - b. Vision
 - c. Somatosensory
 - d. All of the above

12. Type of stretching that increases isometric strength is/are?
 - a. PNF
 - b. Active
 - c. Dynamic
 - d. Ballistic

13. Which of the following is/are VO₂ max measure?
 - a. Rockport 1 mile walk test
 - b. Cooper 1.5 mile walk test
 - c. Astrand Treadmill Stress Test
 - d. All of the above

14. The ability to initiate, stop & modify movement rapidly smoothly while maintaining posture is referred as?
 - a. Skill
 - b. Agility
 - c. Dexterity
 - d. Recon

15. The vertical projection of the ground reaction force is?
 - a. Center of gravity
 - b. Base of support
 - c. Center of mass
 - d. Center of pressure

16. Which of the following is the major drawback of manual muscle testing?
 - a. Hyper mobility cases unassessable
 - b. No assessment of endurance
 - c. Inflammatory diseases cant asses
 - d. Multiple sclerosis cases

17. Energy expenditure in metabolic equivalents for a moderate activity will be approximately how much?
 - a. 3-5.5 METs
 - b. 2-2.8 METs
 - c. 10-15 METs
 - d. 6-8.5 METs

18. Maitland glenohumoral anterior glide mobilization can improve which of the following movements?
 - a. Extension & adduction
 - b. Extension & internal rotation
 - c. Extension & external rotation
 - d. Extension & horizontal abduction

19. Who propagated the concept of manual muscle testing in 1912?
 - a. Bruce Lovett
 - b. W Wright
 - c. L Stewart
 - d. None of the above

20. What is the standard treatment duration of hydrotherapy?
 - a. 20 min
 - b. 30 min
 - c. 1 hour
 - d. 10 min

(Descriptive)

Time : 2Hrs 30mins

Marks : 50

[Answer question no.1 & any four (4) from the rest]

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 1. Define mobilization & manipulation. Explain Maitland technique in detail with suitable diagram including concave-convex rule & Barrier concept. | 2+8=10 |
| 2. What are the physiological responses of aerobic exercises? Elaborate exercise stress testing. | 5+5=10 |
| 3. Write a brief note on Stretch reflex with a suitable diagram. Explain types of contracture. | 5+5=10 |
| 4. What are the most common causes of fall amongst elderly? Elaborate different balance assessment & evaluations methods in detail. | 2+8=10 |
| 5. What are the types of coordination? Give a detail account of Frenkels exercise with suitable diagram. | 2+8=10 |
| 6. Define good posture & its characteristics? Explain postural examination, assessment & evaluation methods in detail. | 2+8=10 |
| 7. Elaborate the physical properties of water? What are the physiological effects & benefits of hydrotherapy? | 5+5=10 |
| 8. Write a detail note on manual muscle testing. | 10 |

== *** ==