

**BACHELOR OF PHYSIOTHERAPY  
THIRD SEMESTER  
EXERCISE THERAPY-2  
BPT-301[SPECIAL BACK]  
[USE OMR SHEET FOR OBJECTIVE PART]**

**SET  
A**

Duration: 3 hrs.

Full Marks: 70

Time: 20 min.

**(Objective)**

Marks: 20

*Choose the correct answer from the following:*

*1X20=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 O<sub>2</sub> consumption
  - b. Excess pre exercise O<sub>2</sub> consumption
  - c. Excess post exercise O<sub>2</sub> consumption
  - d. Extra post exercise O<sub>2</sub> 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 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 VO<sub>2</sub> 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 : 2 hrs. 30 min.

Marks : 50

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

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|---|----|
| 1. Explain Maitland technique in detail.                                    | 10 |
| 2. Explain exercise stress test in detail.                                  | 10 |
| 3. Write an essay on traction device.                                       | 10 |
| 4. Elaborate different balance assessment & evaluations methods in detail.  | 10 |
| 5. Give a detail account of Frenkels exercise with suitable diagram.        | 10 |
| 6. Explain postural examination, assessment & evaluation methods in detail. | 10 |
| 7. Write an essay on hydrotherapy?  | 10 |
| 8. Write a detail note on manual muscle testing.                            | 10 |

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