REV-01
BPT/01/05

2024/07

SET A

BACHELOR OF PHYSIOTHERAPY
SIXTH SEMESTER
ADVANCED EXERCISE THERAPEUTICS
BPT – 605 [SPECIAL REPEAT]
[USE OMR SHEET FOR OBJECTIVE PART]

Duration : 3 hrs. **Full Marks : 70**

Objective

Time : 30 min. **Marks : 20**

Choose the correct answer from the following: ***1×20=20***

1. Who gave facilititation and inhibition?
   a. Maitland b. Sherrington
   c. Cyriax d. Jones

2. Which stimulus causes motor neurons to drop away from zone?
   a. Inhibition b. Traction
   c. Approximation d. None

3. Muscle spindle and golgi tendon receptors are
   a. Bursae b. Synergists
   c. Stretch receptors d. Fibres

4. Resistance is
   a. Strengthening force b. Stretching force
   c. Opposing force d. Adding force

5. ..... fingers are needed for infants percussion.
   a. 3 b 4
   c. 5 d. 6

6. Upper lobe has .....segments.
   a. 1 b. 2
   c. 3 d. 4

7. Vibration is applied in.....phase.
   a. Inspiratory b. expiratory
   c. both d. none

8. What is used in infant's percussion?
   a. Myoeectric b. offset
   c. Hands d. Padded electric

9. Cardio exercise release
   a. Endorphins b. Encephalon
   c. Opiod d. All

10. Manual contact has .....
    a. agonists
    b. antagonists
    c. Synergists
    d. all

11. Breathing rhythm lasts for
    a. 2-3
    b. 3-4
    c. 4-6
    d. 7-8

12. Frying fumes lead to
    a. Breathing issues
    b. Gastric issues
    c. Energy waste
    d. none

13. Which helps in descending foetal head?
    a. Swiss ball
    b. Vestibular ball
    c. Yoga ball
    d. al

14. Global muscles consists
    a. Fast twist muscles
    b. Slow twitch muscles
    c. Skeletal muscle
    d. Cardiac muscle

15. Treadmill has
    a. runwaway
    b. Conveyer belt
    c. platform
    d. all

16. CPM can cure
    a. contraction
    b. adhesion
    c. stiffness
    d. all

17. Recumbent bicycle has
    a. Laid reciycling position
    b. Upper limbs
    c. Lower position
    d. all

18. What has 1 circular, 1 paddedd
    a. Push pull dynanometer
    b. Myoelectric dynanometer
    c. Hand hel dynanomter
    d. all

19. What delivers low load, total resistance?
    a. Pain free range tim
    b. Contraction time
    c. Total end range time
    d. Total painless end

20. Full form of MET
    a. Muscle equivalent
    b. Muscle equilibrium
    c. Metabolic equivalent
    d. Metabolic equilibrium

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Descriptive

Time : 2 hr. 30 min. **Marks : 50**

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

1. Write about MET in details 10

2. a) Explain any two types of bicycle ergometry 10
   b) Organization of energy conservation techniques

3. a) Causes of impaired mucociliary. 10
   b) Two exercises of swiss ball

4. a) Normal cough pump 10
   b) Name principles of PNF. Explain two.

5. a) Grades of mobilization 10
   b) Thera PeP

6. Postural drainage with different positions with diagrams 10

7. a) Enlist difference between vibration and shaking 10
   b) Punjabi model of spinal stability

8. a) Write about hand held dynamometer 10
   b) Explaian McKenzie concept

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