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34 (2) EXTH 2·3

2019

EXERCISE THEORY

Paper : 34 (2) EXTH 2·3

Full Marks : 100

Time : Three hours

The figures in the margin indicate full marks for the questions.

1. Multiple Choice Questions: 1×20=20

(A) Multiple-angle is a type of which exercise

(a) Isometric

(b) Isotonic

(c) Isokinetic

(d) None.

Contd.

(B) The ability to perform low-intensity, repetitive or sustained activities over a prolonged period of time is defined as—

- (a) Strength
- (b) Endurance
- (c) Power
- (d) None.

(C) Friction occurring between molecules of liquid resulting in resistance to flow is known as

- (a) Buoyancy
- (b) Hydrostatic Pressure
- (c) Viscosity
- (d) Surface Tension.

(D) During Posterior Tilt, the vertebral column moves in

- (a) Hyper extension
- (b) Flexion
- (c) Side flexion
- (d) None.

(E) Normal Range of Goniometer measurement for Hip-abduction is

- (a) 0-20°
- (b) 0-45°
- (c) 0-60°
- (d) 0-90°

(F) Tendency to assume a new and greater length after passive stretch is known as:

- (a) Elasticity
- (b) Plasticity
- (c) Both
- (d) None.

(G) _____ massage is used to mobilise lung secretion.

- (a) Effleurage
- (b) Clapping
- (c) Hacking
- (d) All of the above

(H) Shadow walking is a type of—

- (a) Normal gait
- (b) NWB gait
- (c) FWB gait
- (d) PWB gait.

(I) Tests for doing MMT starts from—

- (a) Grade 1
- (b) Grade 2
- (c) Grade 3
- (d) Grade 4

(J) Electrogoniometer was designed by—

- (a) Karpovich and Karpovich
- (b) Fox and Van Breeman
- (c) Schenker
- (d) Mr. Moore.

(K) Nodding of head is an example of _____ lever.

- (a) 1st
- (b) 2nd
- (c) 3rd
- (d) 4th

(L) Contraindication of Relaxed Passive Movement is :

- (a) recent fractures
- (b) immediately after any joint surgery
- (c) malignant tumour
- (d) All of the above.

(M) Patellofemoral Medial gliding increases the

- (a) Knee Extension ROM
- (b) Knee Flexion ROM
- (c) Ankle dorsiflexion
- (d) None of the above.

(N) The length of 3-Ring sling is :

- (a) 75 cm
- (b) 65 cm
- (c) 55 cm
- (d) 40 cm

(O) In the wing standing derived position, both the hands are placed on :

- (a) Pelvic side of the either side
- (b) Elbow is flexed and hands placed on same side
- (c) Upper limbs are kept parallel and right angle to body
- (d) Elbow is flexed and hands are placed on the body on the opposite side.

(P) For the flexion of the elbow joint, the axis of Goniometer is on :

- (a) lateral epicondyle of humerus
- (b) medial epicondyle of humerus
- (c) olecranon process of ulna
- (d) None of the above.

(Q) Which of the following activities doesn't belong to Pranayama :

- (a) Dhauti
- (b) Puraka
- (c) Rechak
- (d) Kumbhak

(R) The normal human cadence is calculated by :

- (a) No. of steps/min
- (b) No. of steps completed in one gait cycle
- (c) No. of steps in one stance phase
- (d) None.

(S) Movement that occurs the distal segment of a limb moving freely in space is called :

- (a) Open kinematic chain
- (b) Closed kinematic chain
- (c) Functional exercise
- (d) None.

(T) PNF techniques used for stretching are :

- (a) Hold and Relax
- (b) Contract Relax
- (c) Slow Reversal
- (d) All.

2. Short Essay-type Questions : 5×10=50

- (a) Define Suspension Therapy. Write about the various principles of Suspension Therapy.
- (b) Explain the various causes of Incoordination.
- (c) Define Hydrotherapy. Mention its contraindications.
- (d) Write about the physiological response to Aerobic exercise.
- (e) Classification of Massage Technique.
- (f) Maitland Mobilization.
- (g) Define PNF. Explain the techniques used in PNF.
- (h) Differences between Individual and Group Exercises.
- (i) MMT of Gluteus Medius Muscle.
- (j) What are the various fundamental positions? Describe the muscle work in hanging position.

3. Short Answers : 2×5=10

- (a) Passive stretching of Hamstring Muscle
- (b) Dynamic Power Test
- (c) Classification of free exercise
- (d) Active and inactive posture
- (e) Overload principle.

4. Essay-type Questions :
Answer **any two** out of **three**. 10×2=20

- (a) What are Mobility Aids? Describe the parts of Axillary crutch and its measurement.
Explain the gait pattern of crutch walking.
- (b) Define Stretching. Explain various techniques of stretching. And write the contraindications of stretching.
- (c) Define Balance. Write about the components of balance. Discuss the causes of impaired balance.