

Rajiv Gandhi University of Health Sciences, Karnataka
II Year B.P.T Degree Examination – 12-May-2026

Time: Three Hours

Max. Marks: 100

EXERCISE THERAPY (RS-5)

Q.P. CODE: 2740

Your answers should be specific to the questions asked
Draw neat, labeled diagrams wherever necessary

LONG ESSAYS (Second Question Choice)

2 x 10 = 20 Marks

1. Define suspension therapy. Explain the principles, equipments and accessories, indication contraindication and types of suspension therapy
2. Define aerobic exercises and its phases. Explain in detail about the normal and abnormal response to aerobic exercises

OR

Define co-ordination. Explain the principles and techniques of Frenkel's exercises

SHORT ESSAYS (Question No 3 & 12 choice)

10 x 5 = 50 Marks

3. Classify starting positions. Add a note on derived positions of standing and its uses
- OR**
- Explain the principles and types of goniometry. Add note on the technique of measuring shoulder abduction by using goniometer
4. Explain stress mechanism, types of stress and effect of stress on body mechanics
 5. Explain in detail about the types of active movements
 6. Explain in detail about the neurophysiological principles of PNF. Add note on rhythmic initiation and stabilization
 7. List the equipments used in hydrotherapy. Add note on merits and demerits of hydrotherapy
 8. List the differences between individual and group exercise
 9. List the schools of manual therapy. Briefly explain principle, indications and contraindications of manual therapy
 10. Define progressive resisted exercise. Explain in detail about the specific isotonic exercise regimen
 11. Explain in detail about principle, procedure, indications, contraindications, effect and uses of effleurage
 12. Explain and classify isometric exercise

OR

Explain stretch reflex with diagram. Add note on Golgi tendon organ and muscle spindles

SHORT ANSWERS

10 x 3 = 30 Marks

13. Muscle tone and postural tone
14. 10 RM and 1 RM
15. Open vx closed chain exercises
16. Circuit weight training
17. Causes for decreased muscle performance
18. Classification of walking aids
19. Active and inactive postures
20. List any three asanas used for postural correction
21. Overload principle
22. Types of stretching
