

LIFELINE INSTITUTE OF PHYSIOTHERAPY
FIRST INTERNAL EXAMINATION

Subject -KINESIOLOGY

Time -15 min

Date -

INSTRUCTIONS: Read each statement carefully and **ENCIRCLE** the **LETTER** of the correct answer.

MULTIPLE CHOICE QUESTIONS

1×10=10 marks

1. Ability to return to normal resting length following a stretch is called:
 - a) Elasticity
 - b) Plasticity
 - c) Viscosity
 - d) Density

2. In open kinematic chain distal end of chain is:
 - a) Fixed
 - b) Free
 - c) In contact
 - d) None of the above

3. Facet Joints between the vertebral bodies are called as _____joints.
 - a) Synovial
 - b) Interbody
 - c) Gomphosis
 - d) Zygapophyseal

4. Ligament connects bone to:
 - a) Muscle
 - b) Tendon
 - c) Bone
 - d) Bursa

5. If a convex joint surface rolls on a concave surface then glide occurs in direction _____ as roll.
- a) Same
 - b) Opposite
 - c) Does not occur
 - d) Spins
6. Plastic changes are seen after:
- a) Fracture point
 - b) Yield point
 - c) Base point
 - d) None of the above
7. Arthrokinematic movement includes:
- a) Roll
 - b) Spin
 - c) Slide
 - d) All of the above
8. _____ is NOT a fundamental starting position.
- a) Sitting
 - b) Standing
 - c) Kneeling
 - d) Crook lying
9. The characteristics of any starting position
- a) Stable
 - b) Comfortable
 - c) Provide room for range of motion
 - d) All of the above
10. _____ can be considered the most uncomfortable fundamental starting position.
- a) Standing
 - b) Hanging
 - c) Sitting
 - d) Lying

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SECOND INTERNAL EXAMINATION

Subject -KINESIOLOGY

Time-1 hour 15 min

Short Answer Questions (ANY 4)

4×5=20 marks

1. Describe structural classification of joint with example
2. Describe osteokinematics and arthrokinematics and explain concave-convex rule
3. Explain load deformation curve for connective tissue tested in tension
4. Explain 'standing' fundamental starting position with muscle work
5. Describe time and rate dependent properties of connective tissue and add a short note on hanging position