

Section A (50 Marks) SAQ

Que1.Short Answer Questions (Solve any 5 out of 6)

(5x3=15.00)

a

Enumerate any 3 uses of Swiss ball.

b

Enumerate 3 uses of resisted exercises.

c

Enumerate contraindications of Trikonasana.

d

Enumerate uses of Petrissage.

e

Enumerate effects of warm up exercises..

f

Define Relaxation & enumerate different techniques.

Que2.Short Answer Questions (Solve any 5 out of 6)

(5x7=35.00)

a

Define Free Exercises. Write the effects and uses of free exercises.

b

Describe Paschimottasan and mention its physiological effects.

c

Describe classification of various soft tissue maneuvers and discuss effects and uses for the same.

d

Discuss 3 asanas for improving the flexibility of the spine.

e

Write principles of relaxation. Describe and compare the effects and uses of different techniques.

f

Discuss value of Group exercises.

Section B (30 Marks) LAQ

Que3.Long Answer Questions(Solve any 1 Out of 2) :-

(1x15=15.00)

a

Describe the causes of limitation of joint mobility. Discuss principles of passive movements. Describe indications and contraindications for passive movements. (4+5+6)

b

Describe different types of Goniometers. Write merits and demerits of Goniometry. Describe technique to measure range of motion for Shoulder Abduction. (5+6+4)

Que4. Long Answer Questions (Solve any 1 out of 2)

(1x15=15.00)

a

Define different types of physiological movements. Explain principle and technique of Assisted exercises. Discuss effect and uses of Assisted exercises. (5+5+5)

b

Explain classification of types of suspension. Describe parts of Suspension Apparatus. Discuss the application of suspension for the Knee joint. (3+7+5)