

**Sardar Patel University**  
**Second year B. Physiotherapy Examination**  
**Day: Monday, Date: 13/01/2014**  
**Time: 10.30 am to 1.30 pm**  
**Subject: EXERCISE THERAPY II &**  
**KINESIOLOGY**

**No of Printed pages: 3**

**Candidate Seat No:**  
**Candidate Signature:**  
**Supervisor Signature:**

**Instructions:**

- 1) Encircle the appropriate answer.
- 2) Each question carries one mark.
- 3) No negative marks for wrong answers.
- 4) No marks will be given if you overwrite, strike or put white ink on the answer once marked.

**SECTION I-**

**MCQ**

**(20)**

1. Joint mobilization is contradicted in
  - a. Soft tissue tightness
  - b. Joint stiffness
  - c. Loose body inside the joint
  - d. Bursitis
2. In which of the PRE the load remain constant during the training session
  - a. Delorme
  - b. Watkin
  - c. Zinovief
  - d. Mcqueen
3. Rhythmic initiation technique is used in treatment of
  - a. Soft tissue tightness
  - b. Flaccid paralysis
  - c. Muscle spasm
  - d. Joint Pain
4. Which is the most important variable to improve muscle force generation capacity?
  - a. Load
  - b. Duration
  - c. Sets
  - d. Frequency
5. The minimum duration of exercise programme to improve strength should be atleast
  - a. 3 weeks
  - b. 6 weeks
  - c. 10 weeks
  - d. 12 weeks
6. The distinction of impact activities and plyometrics is its
  - a. Eccentric phase
  - b. For production
  - c. Amortization phase
  - d. Velocity of phases

7. In DAPRE the base repetition maximum is\_\_\_\_
  - a. 10 RM
  - b. 1 RM
  - c. 6 RM
  - d. 3 RM
  
8. Volume of training refers to\_\_\_\_
  - a. Intensity multiplied by duration
  - b. Total number of sets
  - c. Sets multiplied by resistance
  - d. Total duration of exercises
  
9. What would be the appropriate progression of exercise protocol following musculoskeletal injury?
  - a. Isometric-eccentric-concentric
  - b. Isometric-concentric-eccentric
  - c. Concentric-eccentric-isometric
  - d. Eccentric-concentric-isometric
  
10. Tightness is same as
  - a. Scar tissue adhesion
  - b. Adaptive shortening
  - c. Transient contracture
  - d. Permanent contracture
  
11. Leg lowering from extended knee position, quadriceps works\_\_\_\_
  - a. Concentrically
  - b. Eccentrically
  - c. Isometrically
  - d. Isokinetically
  
12. The correct sequence of stair climbing with a pair of axillary crutches is\_\_\_\_
  - a. Crutches, affected leg, sound leg
  - b. Affected leg, sound leg, crutches
  - c. Sound leg, affected leg, crutches
  - d. Crutches, sound leg, affected leg
  
13. Frenkel's exercises are devised to improve coordination by use of sight, sound and touch in case of ataxia due to \_\_\_\_
  - a. Cerebellar lesion
  - b. Loss of kinesthetic sensation
  - c. Spastic paralysis
  - d. Flaccid paralysis
  
14. Kaltenborn has described\_\_\_\_\_ grades
  - a. 4
  - b. 3
  - c. 5
  - d. 6