

(1)

**SARDAR PATEL UNIVERSITY**  
**SECOND YEAR B. PHYSIOTHERAPY EXAMINATION**

**MONDAY, January 13, 2014**

**Time 10.30 am to 1.30 pm**

**Subject: EXERCISE THERAPY II & KINESIOLOGY**

**Total Marks: 80**

**Instructions:**

- 1) Read the question carefully & answer to the point.
- 2) Draw diagram wherever necessary.
- 3) Figures to the right indicate marks.
- 4) Write section II and III in separate answer books.

**Q1. SECTION – I (MCQ)**

**(20)**

**SECTION II**

Q-2 Describe in detail about the physiological effects of strengthening exercises on neuromuscular and cardio respiratory systems

**(15)**

**OR**

Q-2 Describe the phases of gait with kinetics and kinematics

**Q-3 Short answers**

**(3x5=15)**

**(Answer all questions)**

1. Hold-relax technique
2. Vertical suspension
3. COG
4. Body weight as resistance
5. Respiratory muscle strengthening

**SECTION III**

Q-2 Explain the bio mechanics and pathomechanics of knee joint

**(15)**

**OR**

Q-2 Describe in detail about the principles of manual muscle testing. Add a note on the testing of quadriceps for the grade 1 – 5.

**Q-3 Short answers**

**(3x5=15)**

**(Answer all questions)**

1. Anatomical pulley
2. Delayed onset muscle soreness
3. Types of traction
4. Glossopharyngeal breathing
5. Delorme's techniques