



BRAINWARE UNIVERSITY

Term End Examination 2023-2024

Programme – B.Physiotherapy-2022/B.Physiotherapy-2023

Course Name – Exercise Therapy - I

Course Code - BPTC203

(Semester II)

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) Write the anatomical landmark to measure of apparent limb length
 - a) umbilicus to Medial malleolus
 - b) ASIS to lateral malleolus
 - c) ASIS to great toe
 - d) ASIS to patella
- (ii) Identify the suitable movement pattern for a patient who unable to perform active movement.
 - a) Passive assisted
 - b) active assisted
 - c) relaxed passive
 - d) resisted
- (iii) Identify the proper application technique of traction during passive movements.
 - a) Through out the movement
 - b) at the beginning
 - c) at the end range
 - d) no traction is applied.
- (iv) Name the principles of giving relaxed passive movements.
 - a) Relaxation
 - b) fixation
 - c) support
 - d) all of these
- (v) Explain the physiological effects of soft tissue manipulation.
 - a) remove dead cells
 - b) improve circulation
 - c) both 1 & 2
 - d) none of these
- (vi) Name the elbow flexor.
 - a) Biceps brachi
 - b) Triceps
 - c) Rhomboïds
 - d) Trapizius
- (vii) choose clapping is an example of
 - a) Percussion
 - b) Pressure
 - c) Stroking
 - d) Vibration manipulation.

- (viii) Identify the unit of power.
- a) Joules per second
c) erg
- b) joule
d) second
- (ix) Explain 20 RM load refers to -
- a) A weight that can be lifted less than 20 times as it is too heavy
c) A minimum weight that can be lifted for maximum 20 times
- b) A maximum weight that can be lifted for minimum 20 times
d) A weight that can be lifted only 5 times and is too heavy to be lifted more than 20 times
- (x) Choose the correct word for Petrissage
- a) Picking up
c) Clapping
- b) Shaking
d) Hacking
- (xi) Select the example soft tissue manipulation.
- a) Stroking
c) Maitland
- b) kneading
d) both 1 & 2
- (xii) Select the grade '0' of MMT'.
- a) No contraction
c) Moderate
- b) Flicker
d) Very low
- (xiii) Identify the full form of knee 'ROM'.
- a) Knee Range of Motion
c) Repetition of maximum
- b) Knee resistance of Motion
d) Repetition of Movement
- (xiv) Express the full form of 10 'RM'
- a) 10 Repetition maximum
c) Rolling maximum
- b) Range maximum
d) Resistance maximum
- (xv) Express the function of upper trapizius.
- a) Extension
c) Rotation
- b) Flexion
d) Neutral

Group-B

(Short Answer Type Questions)

3 x 5=15

2. Describe the different types of muscle contraction. (3)
3. Describe the classification of goniometers with a diagram. (3)
4. Explain the classification of passive movement. (3)
5. State the physiological effects of free exercises. (3)
6. Explain the physiological effects of soft tissue manipulation. (3)

OR

- Illustrate the effleurage of soft tissue manipulation. (3)

Group-C

(Long Answer Type Questions)

5 x 6=30

7. Reframe the procedure of goniometry for measuring the ankle joint ROM. (5)
8. Describe the procedure of MMT for measuring the hip flexors and extensors strength (5)
9. Explain the principles of resisted exercises. (5)
10. Discuss the De lorme & Watkins protocols for progressive resisted exercise. (5)
11. Describe the derived positions of standing with diagram. (5)
12. Illustrate the types, indications and contraindications of stroking manipulation. (5)

OR

Explain the physiological effects, indications, and contraindications for soft tissue manipulation.

(5)
