

**Second Year BPT Degree Regular/Supplementary Examinations
November 2025
Exercise Therapy**

(2016 Scheme)

Time: 3 hrs

Max marks: 100

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*
- *Draw diagrams wherever necessary*

Essays

(2x15=30)

1. a) Define Strength training
b) Explain the various factors that affect muscle performance. (3+12)
2. a) Define Aerobic exercise.
b) Explain the changes occurring at the musculoskeletal and cardiorespiratory systems during aerobic exercise. (3+12)

Short Essays

(4x10=40)

3. Discuss about Jacobsons relaxation techniques.
4. Types of suspension therapy and techniques used for upper limb.
5. Describe about Frenkel's Exercise.
6. Define Group exercises and write about the advantages.

Short Answers

(10x3=30)

7. What is cardiovascular endurance.
8. Define isometric exercises.
9. List the effects of passive movements.
10. What is waist to hip ratio.
11. Pranayama.
12. Enumerate the contra indications of stretching.
13. What is angle of pelvic inclination.
14. Define postural drainage.
15. Define line of gravity.
16. State Archimedes Principle.
