

REV-01  
BPT/01/05

2023/24

**BACHELOR OF PHYSIOTHERAPY  
SIXTH SEMESTER  
ADVANCED EXERCISE THERAPEUTICS  
BPT – 605 [SPECIAL REPEAT]  
[USE OMR SHEET FOR OBJECTIVE PART]**

**SET  
A**

Duration : 3 hrs.

Full Marks : 70

Time : 30 min.

( Objective )

Marks : 20

1×20=20

*Choose the correct answer from the following:*

1. Who gave facilitation and inhibition?  
a. Maitland  
b. Sherrington  
c. Cyriax  
d. Jones
2. Which stimulus causes motor neurons to drop away from zone?  
a. Inhibition  
b. Traction  
c. Approximation  
d. None
3. Muscle spindle and golgi tendon receptors are  
a. Bursae  
b. Synergists  
c. Stretch receptors  
d. Fibres
4. Resistance is  
a. Strengthening force  
b. Stretching force  
c. Opposing force  
d. Adding force
5. .... fingers are needed for infants percussion.  
a. 3  
b. 4  
c. 5  
d. 6
6. Upper lobe has .....segments.  
a. 1  
b. 2  
c. 3  
d. 4
7. Vibration is applied in.....phase.  
a. Inspiratory  
b. expiratory  
c. both  
d. none
8. What is used in infant's percussion?  
a. Myoelectric  
b. offset  
c. Hands  
d. Padded electric
9. Cardio exercise release  
a. Endorphins  
b. Encephalon  
c. Opiod  
d. All

10. Manual contact has .....
- a. agonists
  - b. antagonists
  - c. Synergists
  - d. all
11. Breathing rhythm lasts for
- a. 2-3
  - b. 3-4
  - c. 4-6
  - d. 7-8
12. Frying fumes lead to
- a. Breathing issues
  - b. Gastric issues
  - c. Energy waste
  - d. none
13. Which helps in descending foetal head?
- a. Swiss ball
  - b. Vestibular ball
  - c. Yoga ball
  - d. al
14. Global muscles consists
- a. Fast twitch muscles
  - b. Slow twitch muscles
  - c. Skeletal muscle
  - d. Cardiac muscle
15. Treadmill has
- a. runaway
  - b. Conveyer belt
  - c. platform
  - d. all
16. CPM can cure
- a. contraction
  - b. adhesion
  - c. stiffness
  - d. all
17. Recumbent bicycle has
- a. Laid recycling position
  - b. Upper limbs
  - c. Lower position
  - d. all
18. What has 1 circular, 1 paddedd  
Push pull dynanometer  
Hand hel dynanomter
- Myoelectric dynanometer
  - all
19. What delivers low load, total resistance?
- a. Pain free range tim
  - b. Contraction time
  - c. Total end range time
  - d. Total painless end
20. Full form of MET
- a. Muscle equivalent
  - b. Muscle equilibrium
  - c. Metabolic equivalent
  - d. Metabolic equilibrium

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**( Descriptive )**

Time : 2 hr. 30 min.

Marks : 50

[ Answer question no.1 & any four (4) from the rest ]

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|---|----|
| 1. Write about MET in details   | 10 |
| 2. a) Explain any two types of bicycle ergometry<br>b) Organization of energy conservation techniques | 10 |
| 3. a) Causes of impaired mucociliary.<br>b) Two exercises of swiss ball                               | 10 |
| 4. a) Normal cough pump<br>b) Name principles of PNF. Explain two.                                    | 10 |
| 5. a) Grades of mobilization<br>b) Thera PeP  | 10 |
| 6. Postural drainage with different positions with diagrams   | 10 |
| 7. a) Enlist difference between vibration and shaking<br>b) Punjabi model of spinal stability         | 10 |
| 8. a) Write about hand held dynamometer<br>b) Explain McKenzie concept                                | 10 |

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