

**RAN-2106000302030002****S. Y. BPT Examination September - 2025****Exercise Therapy - II and Exercise Physiology****Time: 3 Hours]****[Total Marks: 80****સૂચના : / Instructions**

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નીચે દર્શાવેલ નિશાનીવાળી વિગતો ઉત્તરવહી પર અવશ્ય લખવી.
Fill up strictly the details of signs on your answer book

Name of the Examination:

S. Y. BPT

Name of the Subject :

Exercise Therapy - II and Exercise Physiology

Subject Code No.: 2106000302030002

Seat No.:

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Student's Signature

Section - I**Q. 1. Long Essay (Any One)****(10×1=10)**

1. Define MMT. Describe grading of MMT. Explain causes of muscle weakness. How will you check strength of Trapezius muscle?

OR

1. Define PNF. Write down neurophysiological principles of PNF. Explain PNF technique of D2 Flexion for upper limb.

Q. 2. Short Essay Type (3 out of 4)**(5×3=15)**

1. Mobilization technique to improve Hip flexion and External rotation
2. Discuss different types of Stretching
3. Determinants of Aerobic exercise
4. Define Traction. Write down indication and contraindication of Traction

Q. 3. Short Answer Type (5 out of 6)**(3×5=15)**

1. Define Strength, Power and Endurance
2. Hold Relax With Agonist Contraction
3. Explain the difference between Tightness and Contracture
4. Maitland Grades of Mobilization
5. Circuit Training
6. Concavo-Convex Rule

Section - II

Q. 1. Long Essay (Any One) (10×1=10)

1. Define Posture. Classify various postural deviations with their appropriate treatment.

OR

1. Define Coordination. Write down in detail about incoordination, along with the techniques of Upper and lower extremity coordination exercises.

Q. 2. Short Answer (Any 3 out of 4) (5×3=15)

1. Explain Frenkel's exercise.
2. Describe the Jacobson relaxation technique.
3. Mention the techniques to roll from supine to prone on the Mat.
4. Explain LOG and COG.

Q. 3. Very Short Answer (Any 5 Out Of 6) (3×5=15)

1. Explain the principles of Hydrotherapy.
 2. Explain the physiological effects of exercise.
 3. Indications and contraindications of Postural drainage.
 4. VO2 Max.
 5. Mention the factors responsible for maintaining the postural stability.
 6. Whirlpool bath.
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