



Roll No:

--	--	--	--	--	--	--	--	--	--

The Assam Royal Global University, Guwahati

Royal School of Medical and Allied Sciences

Generic Elective, 8th semester

Semester End Examination, June 2023

Course Title: Principles of Exercise Therapy

Course Code : PHT242G202

Time: 3 Hours

Maximum Marks: 70

Note: Attempt all questions as per instructions given.

The figures in the right-hand margin indicate marks.

Section – A

1. Attempt **all** questions. (Maximum word limit 50) 2 x 8
- Define gravity.
 - Explain the types of muscle contraction.
 - Define line of gravity.
 - Define Energy.
 - Explain in brief about the exercises performed to improve the neuromuscular co-ordination.
 - Define co-ordinated movements.
 - Define active movements.
 - What are levers?

Section – B

2. Attempt **any one** of the following: 12 x 1
- Describe the mechanical principles of exercise therapy.
 - Define movement. Write a note on introduction to movement.
3. Attempt **any two** of the following: 7 x 2
- Write in details about the muscle work, effects and uses in hanging.
 - Write a note on standing.
 - Write a note on resisted exercises.
4. Attempt **any two** of the following: 7 x 2
- Write about the nervous control.
 - Write about the exercises to promote movement and rhythm.
 - Explain in details about the neuromuscular co-ordination.
5. Attempt **any two** of the following: 7 x 2
- Define active assisted exercises. Write in details about the techniques and effects and uses of active assisted exercises.
 - What are passive movements? Write the principles of giving relaxed passive movements.
 - Write in details about the various derived positions.