

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

The Assam Royal Global University, Guwahati
Royal School of Medical & Allied Sciences
Masters of Physiotherapy, 4th Semester
Semester End Examination, June 2023
Course Title : Exercise Planning & Prescription in Various Conditions
Course Code : PHT244D405

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
- a. Mention various factors affecting in fitness.
 - b. Write a test to assess body flexibility.
 - c. What are the determinants of stretching?
 - d. Write down various indications & contraindications of resistance exercises.
 - e. How fitness training improve muscular endurance?
 - f. What are the abnormal ECG response in exercise testing?
 - g. Write down the principles of exercise training.
 - h. Make a generalized exercise prescription in healthy adult.

Section – B

2. Attempt **any two** of the following: 6 x 2
- a. What is physical fitness? Explain in detail about its benefits & importance with example.
 - b. Write a note on various equipment required in physiotherapy setup.
 - c. Explain the various agility tests performed in fitness testing.
3. Attempt **any two** of the following: 7 x 2
- a. Write in detail about the variations of active assistance & resistance exercises.
 - b. Describe the methods of assessment of fitness components.
 - c. Elaborate the relationship between fitness & lifestyle.
4. Attempt **any two** of the following: 7 x 2
- a. Explain different kinds of screening methods performed prior to join fitness program.
 - b. Discuss the assessment for risk factor of cardiovascular diseases.
 - c. What is the need of exercise testing? Mention its principles, indications, contraindications & procedure.
5. Attempt **any one** of the following: 14 x 1
- a. A 54years old man comes to clinic because of 10kg weight loss & feeling of tiredness in the past 3 months despite no significant change in his diet. He was recently diagnosed with type 2 DM & hypertension. He is under medications. Write down assessment & PT management with exercise prescription.
 - b. A 34 year old female presenting with 5months gestation. She is a full-time employee in BPO. Now her BMI is 26.27 kg/m². She is planning to work for 36weeks of pregnancy. Write down the assessment & exercise prescription.