

**THE ASSAM ROYAL GLOBAL UNIVERSITY, GUWAHATI**  
**ROYAL SCHOOL OF MEDICAL AND ALLIED SCIENCES**  
**BACHELOR OF PHYSIOTHERAPY; 3<sup>rd</sup> SEMESTER**  
**Semester End Examination, January 2022**  
**Course Title : EXERCISE THERAPY-I**  
**Course Code : PHT242C303**

**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. Differentiate the terms patient and client.
  - b. Define volition, perception and engram.
  - c. What is endurance? Give an example of endurance training.
  - d. Write a short note on the different models of disablement.
  - e. Differentiate impairment and functional limitation.
  - f. Write a short note on the MRC grading scale of MMT
  - g. Write a short note on DOMS.
  - h. What is motor learning?

**Section – B**

2. Attempt **any one** of the following: 12 x 1
- a. What are the components of Neuro-muscular coordination? What are the causes of incoordination? Explain few interventions that can be utilised to improve coordination.
  - b. What is ROM? What are its different types? Add a note on the indications, limitations, precautions and contraindications of ROM exercises.
3. Attempt **any two** of the following: 7 x 2
- a. What is manual muscle testing? Explain the procedure of doing MMT for neck flexors and extensors.
  - b. Explain the procedure of doing MMT for supinators and pronators of forearm.
  - c. Explain the method of measuring the range of motion for shoulder joint.
4. Attempt **any two** of the following: 7 x 2
- a. What is motor control theory? How does the motor control work?
  - b. Explain the systems model and ecological theory along with its clinical implications.
  - c. Write in detail about the different forms of learning.
5. Attempt **any two** of the following: 7 x 2
- a. What are the different types of massage? What are their uses?
  - b. Explain the different parts of a suspension therapy.
  - c. What are the physiological effects, indications and contraindications of massage?