JHARKHAND Rai University RANCHI

End Semester/Reappear (Semester III) Examination December, 2024

Programme:BPT

Course:Advanced Exercise Therapy -I **Full Marks: 70**

Course Code: 23A303 **Time: 3 Hrs.**

Enrolment no. _____

Q.No.	Questions	CO	Bloom Taxonomy Category	Marks
	Section I			
1	**Short Answer type questions.**			**4 x 5 = 20**
a	Explain the role of Sarcomere in the muscle contraction.	CO1	Understand	
	or			
	Describe Tonic and Phasic muscle fiber.	CO1	Understand	
b	List the four sets used in the DAPRE protocol.	CO2	Remember	
	or			
	Explain SAID and overload principal.	CO2	Understand	
c	What do you understand by stress-strain curve?	CO3	Remember	
	or			
	Decribe the physical changes that occur with improved endurance.	CO3	Remember	
d	List the phases involved in Rhythmic initiation.	CO4	Remember	
	or			
	Explain Repetitive contraction.	CO4	Understand	
	Section II			
Long Answer type questions.				3 x 10 = 30
2	Derscribe the differences between posterior and anterior glides in shoulder mobilization techniques.	CO4	Understand	
	or			
	Explian how MWM work to improve shoulder range of motions.	CO4	Understand	
3	Write about type and effect of stretching with precautions.	CO3	Remember	
	or			
	Write about determinants of stretching.	CO3	Remember	
4	Anlayze the differences between CKC and OKC with relevant examples & diagram.	CO1	Analyze	
	or			
	Write about the patterns of Resistive exercises.Anlayze the differences between Agonist and Antagonist	CO1	Analyze	
	Section III			
	Application based questions			**1 x 20 = 20**
5	Compare and contrast Maitland's approach with the Mckenzie concept for treating chronic lowback pain. Why is it essential to assess patient response after each session in the Mckenzie method.	CO4	Analyze	
	or			
	Compare and contrast Mobilization and manipulation techniques.Analyze the risk factor and benefits of Manipulation compared to Mobilization for neck pain.	CO4	Analyze	

At the end of the course candidate will able to

CO1: Know how to describe various factors that contributing to fatigue and tension.

CO2: Students will understand and explain the various therapeutic equipment for the improvement in muscle strength, mobility, endurance, ambulation etc.

CO3: Understand and able to make out normal and abnormal range of motions. Students will make out the strength of different muscles.

CO4: Understand principles and procedures, indications, contraindications and precautions, appropriate methods of application of each of the assessment strategy and treatment techniques hands on and on models of stretching, joint mobilization, PNF, MMT etc.