

End Semester/Reappear (Semester IV) Examination May 2025

Programme: BPT

Course: Advanced Exercise Therapy-II

Course Code: 23A403

Enrolment no. _____

Full Marks: 70

Time: 3 Hrs.

Q.No.	Questions	CO	Bloom Taxonomy	Marks	
Section I					
1	Short Answer type questions.				
a	What are the benefits of therapeutic gymnasium? or	CO1	Understand	4 x 5 = 20	
	Define Posture. What are the different types of posture?	CO1	Remember		
b	Write down peace and love protocol for soft tissue healing. or	CO2	Understand		
	What are the different types of soft tissue injury?	CO2	Remember		
c	Explain the classifications of yoga. or	CO3	Remember		
	What are the eight limbs of Astangyoga?	CO3	Remember		
d	What are the pre-requisites for gait training? or	CO2	Understand		
	What are the main goals of postural drainage?	CO2	Remember		
Section II					
Long Answer type questions.					
2	What are the roles of special equipments used in hydrotherapy? or	CO2	Apply	3 x 10 = 30	
	Discuss in brief about exercise testing method for evaluation of aerobic capacity.	CO2	Apply		
3	What do you understand by the term asanas? Name any five asanas and their therapeutic benefits or	CO3	Apply		
	What do you understand by hatha yoga? Discuss the postural benefit of Bhujangasana and SetuBandhasana.	CO3	Apply		
4	Discuss in brief about gait training program in parallel bar. or	CO1	Analyze		
	List the equipments used to gain shoulder range of motion in therapeutic gymnasium. Write about their indications and operating protocol.	CO1	Understand		
Section III					
Application based questions.					
5	Mention the postural abnormalities that can be analyzed from the sagittal view. How will you manage those postural abnormalities? or	CO1	Analyze	1 x 20 = 20	
	How gym ball /swiss ball can be used for different therapeutic purposes? Explain the techniques of using gym ball and it's therapeutic benefits.	CO1	Apply		

COURSE OUTCOME

At the end of course, candidate will able to

CO1 Students will understand and explain the various therapeutic equipment for the improvement in muscle strength, mobility, endurance, ambulation etc.

CO2 Apply 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. Aerobic Exercise, Hydrotherapy, Breathing Exercise etc.

CO3 Demonstrate Various Yogic Posture.