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**School of Medical and Allied Sciences**

Bachelor of Physiotherapy

Mid Term Examination - May 2024

Duration : 90 Minutes

Max Marks : 50

**Sem IV - L2UA401T - Exercise Therapy**General Instructions*Answer to the specific question asked**Draw neat, labelled diagrams wherever necessary**Approved data hand books are allowed subject to verification by the Invigilator*

- 1) How do facilitation techniques enhance exercise performance? K2 (2)
- 2) What is the primary focus of isokinetic regimens? K1 (3)
- 3) Identify the equipment is commonly used in MacQueen's isotonic regimen? K2 (4)
- 4) Illustrate how does circuit weight training promote muscular endurance? K2 (6)
- 5) Importance of Multiple Angle Isometrics on muscle groups. K3 (6)
- 6) Summarize the isometric exercise contribute to muscle strength. K3 (9)
- 7) How does isokinetic exercise differ from isotonic and isometric exercises? K4 (8)
- 8) Compare the whirlpool and hot tubs in Hydrotherapy. K4 (12)

**OR**

Classify the functional re-education and its types. K4 (12)