

School of Medical and Allied Sciences**Bachelor of Physiotherapy
Semester End Examination - Aug 2024****Duration : 180 Minutes
Max Marks : 100****Sem V - BHPT5005 - Health Promotion and Fitness**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) Find any 2 roles in screening for health conditions. K1(2)
- 2) Interpret in detail the concept of early intervention and its significance in prevention practice. K2(4)
- 3) Outline the exercises or activities that can enhance balance and coordination. K2(6)
- 4) Experiment with the concept of motivational interviewing and its application in prevention practice. K3(9)
- 5) Develop the role of physiotherapist in preventing obesity and promoting healthy weight management. K3(9)
- 6) Deduct, how can physiotherapist collaborate with other healthcare professionals to enhance prevention interventions? K5(10)
- 7) Examine "how can flexibility training improve physical fitness?" K4(12)
- 8) Criticise the role of physiotherapists in preventing cardiovascular diseases and promoting heart health. K5(15)
- 9) Assess a patient of 29 year old with low backache since 8 months. He works as a tailor in garment company. Recently he has lifted heavyweight since then his pain is aggravated. Xray Xray revealed decreased lumbar lordosis. Plan your assessment and diagnosis. K5(15)
- 10) Predict physiotherapists support in making sustainable health behavior changes. K6(18)