

UNIT I

S.No	Question Type	Question	Year	Bloom's Taxonomy
1	Essay (15 Marks)	Explain the three orders of levers with examples from the human body and their applications in physiotherapy.	February 2012	Apply
2		Discuss the types of muscular contractions (isometric, isotonic, concentric, eccentric) with examples and their therapeutic implications.	August 2014	Analyze
3		Describe Newton's laws of motion and explain their application in exercise therapy.	November 2021	Analyze
4		Classify skeletal muscles based on the arrangement of fascicles with examples and diagrams.	June 2022	Understand
5		Explain active and passive insufficiency with examples, and discuss their clinical significance in range of motion.	October 2015	Analyze
6		Discuss the concepts of centre of gravity, line of gravity, and equilibrium (stable, unstable, neutral) with examples.	April 2020	Analyze
7		Describe the different types of muscle fibers (Type I and Type II) and their role in therapeutic exercises.	August 2023	Understand
8		Explain group muscle actions: agonist, antagonist, synergist, fixator, with examples from human movements.	February 2013	Analyze
9		Discuss the biomechanical principles of open and closed kinematic chains with examples and applications in physiotherapy.	November 2024	Analyze
10		Describe normal pelvic tilt, anterior and posterior pelvic tilts, muscles responsible, and corrective measures.	October 2016	Analyze
11	Short Notes (5 Marks)	Types of skeletal muscle fibers (Type I & Type II).	August 2009	Understand
12		Fixed and movable pulleys with applications.	November 2022	Understand
13		Range of muscle work (inner, middle, outer range).	April 2023	Remember
14		Springs in series and parallel.	October 2021	Understand
15		Active and passive insufficiency.	February	Understand

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			2020	
16		Planes and axes of motion.	August 2010	Remember
17		Parallelogram of forces.	November 2023	Understand
18		Effects of gravity on posture.	August 2024	Analyze
19		Concentric and eccentric contractions.	February 2011	Understand
20		Friction and inertia.	October 2015	Understand
21	Short Answers (2 Marks)	Define isometric contraction.	September 2021	Remember
22		Enumerate the orders of levers.	January 2022	Remember
23		What is active insufficiency?	June 2022	Understand
24		Define centre of gravity.	April 2023	Remember
25		Name two types of kinematic chains.	November 2023	Remember
26		What is equilibrium?	November 2023	Remember
27		Define eccentric contraction.	February 2010	Remember
28		What is line of gravity?	August 2009	Remember
29		Enumerate types of muscle fibers.	August 2010	Remember
30		Define passive insufficiency.	January 2022	Understand