

**UNIT II**

S.No	Question Type	Question	Year	Bloom's Taxonomy
1	<b>Essay (15 Marks)</b>	Define starting positions. Describe the fundamental starting positions (standing, sitting, lying, kneeling, hanging) with their purposes and effects on the body.	February 2011	Analyze
2		Explain derived positions. Discuss various derived positions from standing (stride standing, toe standing, step standing) and their therapeutic applications.	August 2013	Analyze
3		Classify active movements. Describe free active exercises, assisted exercises, and resisted exercises with indications and effects.	November 2021	Analyze
4		Define passive movements. Discuss the types of passive movements, including relaxed passive and mobilization techniques, with principles and indications.	June 2022	Apply
5		Describe local relaxation techniques, including hold relax, contract relax, and passive stretching, with their physiological basis and applications.	October 2015	Analyze
6		Explain general relaxation methods, such as contrast method and reciprocal inhibition, and discuss their role in physiotherapy.	April 2020	Analyze
7		Discuss the purposes and effects of derived positions from lying (prone lying, crook lying, side lying) in therapeutic exercise.	August 2023	Analyze
8		Classify relaxation techniques into local and general. Explain any five techniques with their indications and contraindications.	February 2012	Analyze
9		Describe the principles and techniques of passive manual mobilization and manipulation of joints in exercise therapy.	November 2024	Apply
10		Explain the indications, effects, and techniques of active assisted and assisted-resisted exercises with suitable examples.	October 2016	Analyze
11	<b>Short Notes (5 Marks)</b>	Derived positions from kneeling.	August 2009	Understand
12		Hold relax technique.	November 2022	Understand
13		Stride standing position.	April 2023	Understand

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14		Relaxed passive movements.	October 2021	Understand
15		Indications for passive movements.	February 2020	Understand
16		Crook lying position.	August 2010	Remember
17		Contract relax technique.	November 2023	Understand
18		Purposes of starting positions.	August 2024	Understand
19		Reciprocal inhibition in relaxation.	February 2011	Understand
20		Prone kneeling position.	October 2015	Remember
21	<b>Short Answers (2 Marks)</b>	Define starting position.	September 2021	Remember
22		Name two derived positions from sitting.	January 2022	Remember
23		Define active assisted movement.	June 2022	Remember
24		What is hold relax technique?	April 2023	Understand
25		Define passive movement.	November 2023	Remember
26		Name two general relaxation techniques.	November 2023	Remember
27		What is stride standing?	February 2010	Remember
28		Define manipulation of joint.	August 2009	Remember
29		Indications for local relaxation.	August 2010	Understand
30		What is crook sitting?	January 2022	Remember