

UNIT III

S.No	Question Type	Question	Year	Bloom's Taxonomy
1	Essay (15 Marks)	Describe the principles of hydrotherapy, including buoyancy, hydrostatic pressure, and turbulence. Discuss their physiological and therapeutic effects with indications and contraindications.	February 2011	Analyze
2		Explain common mat activities in exercise therapy, including rolling, prone on elbows, prone on hands, quadruped, and bridging, with their progression and therapeutic applications.	August 2013	Analyze
3		Define posture and postural control. Describe the assessment of posture and common faulty postures like kyphosis, lordosis, scoliosis, and forward head posture, with corrective measures.	November 2021	Analyze
4		Discuss the advantages and types of hydrotherapy (Hubbard tank, pool, contrast bath). Explain exercises performed in hydrotherapy for various conditions.	June 2022	Apply
5		Describe functional re-education through mat activities, focusing on positions like hook lying, kneeling, half kneeling, and their role in rehabilitation.	October 2015	Analyze
6		Explain the physiological effects of hydrotherapy on the cardiovascular, musculoskeletal, and respiratory systems, with specific therapeutic applications.	April 2020	Analyze
7		Discuss abnormal postures: excessive lordosis, sway back, flat back, and scoliosis. Explain the muscles responsible and physiotherapy management.	August 2023	Analyze
8		Describe the standard posture and factors influencing postural control. Discuss the assessment of posture in standing position.	February 2012	Analyze
9		Explain the principles of buoyancy and its application in hydrotherapy exercises for lower limb strengthening and mobility.	November 2024	Apply
10		Discuss mat activities for trunk strengthening, including prone on elbows, prone on hands, and bridging, with indications in neurological and orthopedic conditions.	October 2016	Analyze
11	Short Notes	Buoyancy in hydrotherapy.	August	Understand

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	(5 Marks)		2009	
12		Hubbard tank.	November 2022	Understand
13		Assessment of posture.	April 2023	Understand
14		Contrast bath.	October 2021	Understand
15		Prone on elbows position.	February 2020	Understand
16		Forward head posture.	August 2010	Remember
17		Hydrostatic pressure.	November 2023	Understand
18		Bridging in mat activities.	August 2024	Understand
19		Faulty posture - scoliosis.	February 2011	Understand
20		Quadruped position.	October 2015	Remember
21	Short Answers (2 Marks)	Define hydrotherapy.	September 2021	Remember
22		Name two contraindications of hydrotherapy.	January 2022	Remember
23		What is standard posture?	June 2022	Remember
24		Define buoyancy.	April 2023	Understand
25		Name two mat activities for trunk control.	November 2023	Remember
26		What is kyphotic posture?	November 2023	Remember
27		Indications for contrast bath.	February 2010	Remember
28		Define postural sway.	August 2009	Remember
29		Name two types of faulty postures.	August 2010	Understand
30		What is hook lying position?	January 2022	Remember