



Rita A. Patel Institute of Physiotherapy

The Charutar Vidya Mandal (CVM) University



INTERNAL EXAMINATION

JANUARY – 2026

BACHELOR OF PHYSIOTHERAPY
THIRD SEMESTER

Course Name: Biomechanics and Kinesiology

Course Code: BPT-119

DATE: 13 /01/2026

TIME: 11:00 am to 12:00 pm

TOTAL MARKS: 30

Instructions:

1. Examinees must bring their ID card every day.
2. Read the questions carefully.
3. You **must not** talk to, attempt to communicate with or disturb another candidate.
4. Possession of a mobile phone and any other material is prohibited.

A. Multiple Choice Questions (All compulsory) (6x 1 = 6)

- Write down the one correct answer for MCQ in supplementary.

1. Which muscle initiates the first 15° of shoulder abduction?

- a. Deltoid
- b. Supraspinatus
- c. Infraspinatus
- d. Teres minor

2. The atlanto-axial joint (C1–C2) primarily allows which movement?

- a. Flexion and extension
- b. Lateral flexion
- c. Rotation
- d. Circumduction

3. Forward head posture is commonly associated with:

- a. Increased cervical lordosis
- b. Decreased thoracic kyphosis
- c. Increased thoracic kyphosis
- d. Increased lumbar lordosis only

4. The prime stabilizer against valgus stress at the elbow is the:

- a. Annular ligament
- b. Radial collateral ligament
- c. Ulnar collateral ligament
- d. Interosseous membrane

5. Dynamic posture refers to:

- a. Body alignment during standing
- b. Body alignment during sitting
- c. Posture maintained during movement
- d. Ideal posture in anatomical position

6. Kienbock disease is defined as:

- a. Avascular necrosis of scaphoid
- b. Avascular necrosis of trapezoid
- c. Avascular necrosis of lunate
- d. Avascular necrosis of pisiform

B. Write Short notes (Any Two)

(2 x 2 = 4)

- 1. Define TFCC and its attachments.
- 2. Define Angle of Inclination and Angle of Torsion.
- 3. Define ulnar positive variance and negative variance.

C. Write Short notes (Any Two)

(5 x 2 = 10)

- 1. Describe in detail about carrying angle.
- 2. Explain in detail about Scapulohumeral rhythm and its clinical significance.
- 3. Discuss the biomechanics of the atlanto-axial joint with reference to rotation of the head and the role of ligaments.

D. Write Long notes (Any One)

(10 x 1 = 10)

- 1. Illustrate role of Deltoid muscle and Rotator cuff muscle as dynamic stabilizer of shoulder.
- 2. Describe the kinetics and kinematics of posture. Explain their role in maintaining postural alignment.