



Rita A. Patel Institute of Physiotherapy

The Charutar Vidya Mandal (CVM) University



**INTERNAL EXAMINATION
JANUARY – 2026
BACHELOR OF PHYSIOTHERAPY
THIRD SEMESTER**

Course Name: Foundation of Exercise Therapy and Therapeutic Massage

Course Code: BPT-120

Date: 12/01/2026

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. Decreased firing frequency (rate coding) in muscles leads to which of the following?

- a. Complete tetany
- b. Increased peak force
- c. Early fatigue
- d. Muscle hypertrophy

2. Which metabolic adaptation helps muscles tolerate lactic acid during exercise?

- a. Increased ATP stores
- b. Increased creatine phosphate store
- c. Increased buffering capacity
- d. Increased muscle fiber size

3. The FITT principle used in exercise prescription stands for:

- a. Flexibility, Intensity, Training, Time
- b. Frequency, Intensity, Time, Type
- c. Force, Interval, Training, Technique
- d. Frequency, Interval, Type, Tolerance

4. Which of the following does NOT influence joint range of motion (ROM)?

- a. Age
- b. Gender
- c. Pain
- d. Skin pigmentation

5. A patient can stand normally but sways during tandem standing.

This suggests impairment of:

- a. Visual system
- b. Muscle strength
- c. Reflex arc
- d. Vestibular-cerebellar system

6. Loss of texture discrimination indicates lesion in:

- a. Muscle
- b. Peripheral nerve
- c. Spinal nerve root
- d. Parietal lobe

B. Write Short notes (Any Two)

- 1. Define therapeutic exercise and mention any two purposes.
- 2. Enlist any four principles of goniometry.
- 3. Explain the principle of specificity of training with one suitable example.

(2 x 2 = 4)

C. Write Short notes (Any Two)

- 1. Explain the chemical and mechanical events in muscle contraction and relaxation.
- 2. Discuss static equilibrium test used in coordination assessment.
- 3. Define pulmonary function test (PFT) and explain purpose of PFT.

(5 x 2 = 10)

D. Write Long notes (Any One)

- 1. Define relaxed passive movements and explain its principles.
- 2. Classify the sensory system with examples and explain in detail about stereognosis as a combined cortical sensation.

(10 x 1 = 10)