



Abhinav Bindra Sports Medicine and Research Institute BPT 1ST Internal Examination January 2026

Question Code: 1J103 (1st Sem)
Subject: Exercise Therapy(23ABP103)
F.M.: 80 marks

Date: 07. 01. 2026

Time: 09:00 AM-12:00 PM

1) Long Questions- Answer Any 3 (3 X 15Marks)

- What is Lever? Describe mechanical lever classifications and explain different types of human body lever with examples.
- Explain the classification of movements with examples in details.
- Explain Standing Fundamental Position in details with muscle work.
- Explain in details about derived positions from sitting position with neat diagram.
- Write down the principles for exercise therapy in details.

2) Short Questions- Answer Any 6 (6 X 5Marks)

- Active Free Exercises benefits
- Pulley
- Hanging Position
- 3rd order lever
- Voluntary Movements
- Muscle Work and Types of muscle Contraction
- Axis and Planes
- Classification of Free Exercise
- Assisted Exercise
- BOS, LOG & COG

3) Objective type Questions- Answer all (5 X 1Mark)

- What is exercise therapy?
- What is a lever?
- Name the three parts of a lever.
- Which lever has the fulcrum between effort and load?
- Give one example of a first-class lever in the human body.