



**Abhinav Bindra Sports Medicine and Research Institute**  
**BPT 1<sup>ST</sup> 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
- 3<sup>rd</sup> 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.