

VII - S - BPT - (Physical Diagnosis &
Physical Fitness) - (Regular)

2025

Full Marks - 75

Time - As in the Programme

*The figure in the right hand margin indicates marks.
Answer ALL questions.*

Section - A

(Long Essay Questions)

Answer any THREE : (Each question carries 15 marks.) [3 x 15 = 45]

1. A 35-year-old male presents with low back pain radiating to the right leg. Symptoms reduce with extension exercises. Classify the condition using McKenzie concept. Outline assessment and physiotherapy management.
2. Explain physical fitness and its components. Discuss assessment methods and exercise prescription for different age groups and clinical populations.
3. A 50-year-old female with frozen shoulder shows restricted accessory joint play. Explain assessment and treatment using Kaltenborn concepts.

[Cont...

[2]

4. A football player presents with lateral epicondylitis. Explain diagnosis using Cyriax selective tissue tension tests and treatment approach.
5. A patient with cervical spondylosis experiences pain during neck side flexion to left side. Evaluate and reason out the diagnosis and write down the management.

Section – B

(Short Essay Questions)

Answer any THREE : (Each question carries 10 marks.) [3 x 10 = 30

6. Postural assessment and common postural deviations.
7. Anthropometric measurements and body composition assessment.
8. Cardiovascular fitness tests.
9. Functional capacity evaluation.
10. Physical fitness training principles in children and elderly.

