

**PAPER CODE: MPT4004**

**KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES  
WARANGAL, TELANGANA STATE – 506 002**

**MPT FIRST YEAR DEGREE EXAMINATIONS: DECEMBER, 2024**

**PYSIOTHERAPEUTIC- II**

**PAPER-I**

**Time: 3 Hours.**

**Max Marks: 100**

**Note:** Answer all questions.

Give Diagrammatic representation wherever necessary.

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**Write an essay on the following:**

**3 X 20 = 60**

1. Various Dietary sources of Energy, Energy Transfer in Aerobic and Anaerobic Exercises.
2. Elaborately discuss various exercises programs to improve the Muscle power.
3. Explain the significance of Vitamins and minerals on Exercise Performance.

**Write a short note on the following:**

**5 X 8 = 40**

4. Obesity and Weight Control.
5. Mobility AIDS.
6. Relaxation techniques.
7. Exercise Prescription in Pulmonary Rehabilitation.
8. Explain Exercise in aging.

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