

22BP41

(Pages: 2)

Name:

Reg. No:

FOURTH YEAR B.P.E. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2026

(Regular/Supplementary/Improvement)

CC15UBPE4T17 / CC19UBPE4T17 – CORRECTIVE PHYSICAL EDUCATION

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

Part A

Answer any **one** question. The question carries 15 marks.

1. Write a detailed note on the General Principles of Massage.
2. Define posture and Explain IOWA Posture test.

(1 × 15 = 15 Marks)

Part B

Answer **all** questions. Each question carries 5 marks.

Explain the following:

3. Causes and Corrective Measure for Lordosis.
4. Alignment of joints in sitting position.
5. Importance of Aqua Therapy

(3 × 5 = 15 Marks)

Part C

Answer **all** questions. Each question carries 5 marks.

Explain the following:

6. Posture Grid
7. Physiological benefits of massage
8. Importance of Relaxation.

(3 × 5 = 15 Marks)

Part D

Answer **all** questions. Each question carries 1 mark.

Fill in the blanks:

9. Sway back is also known as _____
10. Spinal deformities are _____
11. A sideways curvature of the spine is known as _____
12. _____ is a massage technique which involves rhythmic lifting and rolling of tissue?
13. _____ is a fundamental body position used suspended body weight?

(5 × 1 = 5 Marks)

Part E

Answer **all** questions. Each question carries 1 mark.

State True or False:

14. PRE stands for progressive relaxing exercise.

15. Plank is an example of isometric exercise.
16. Manual muscle strength assessments are used to test the range of motion of a joint.
17. Exaggerated outward curvature of the thoracic region of the spine is known as scoliosis.
18. Aqua therapy is done by using oils.

(5 × 1 = 5 Marks)

Part F

Answer *all* questions. Each question carries 1 mark.

Answer in one word:

19. Percussion is also known as
20. Which massage manipulation involves deep circular movements.
21. Which massage technique that involves rapidly striking the body with loosely clenched fist?
22. Which is the most stable fundamental position.
23. Body type having rounder shape.
24. Which massage technique involves rhythmic lifting and rolling of tissue.
25. Active movement which works against an external force.
26. Name the Posture test which evaluates body alignment.
27. Condition involved reduced foot arches is known as.
28. Which type of massage is known as kneading?

(10 × 1 = 10 Marks)

Part G

Answer *all* questions. Each question carries 1 mark.

Match the following:

- | | | |
|--------------------------|---|-------------------------------|
| 29. Endomorph | - | Aqua Therapy |
| 30. Massage | - | Standing |
| 31. Ectomorph | - | Alignment |
| 32. Isotonic | - | Higher Percentage of Body Fat |
| 33. Iso Metric | - | Relaxation |
| 34. Posture Grid | - | Constant Tension |
| 35. Water | - | Balance |
| 36. Weight Bearing | - | Low Muscle Mass |
| 37. Newyork Posture Test | - | Constant Length |
| 38. Lying | - | Symmetry |

(10 × 1 = 10 Marks)
