

BABA FARID UNIVERSITY OF HEALTH SCIENCES, FARIDKOT

Demonstrator Physiotherapy / Physiotherapy (Sports)

(under Baba Farid University of Health Sciences, Faridkot)

QUESTION BOOKLET

JMB IMPRESSION OF THE CANDIDATE

OMR ANSWER SHEET

ROLL NO:

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FULL SIGNATURE OF THE CANDIDATE

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FULL SIGNATURE OF INVIGILATOR

Time Allowed: 1:00 Hour (11:00 AM to 12:00 Noon)

Maximum Marks: 50

1. Use BLACK FINE TIP BALL PEN only. Use of pencil is not allowed.
2. Write your Roll number on the OMR answer-sheet and also on the question-booklet only in the space provided for the purpose and at no other place in the question booklets and Answer-sheet
3. Enter the Question Booklet Set and Number on the OMR Answer-sheet and also darken the corresponding bubbles with BLACK FINE TIP BALL PEN.
4. Do not put any marks anywhere in the Question booklet /on the OMR Answer-sheet.
5. **There are 50 objective type questions in all of 1 Mark each.** Before attempting the questions, check that the Question-booklet is complete. In case any question/part of question or page is missing, inform the Centre Superintendent within 5 minutes of the start of the examination. After that no claim will be entertained.
6. **Each question is followed by four alternative responses listed as A), B), C) and D) out of which only one is correct / most correct. In case, all the ovals are left blank, there will be deduction of marks @ 0.25 mark for each such unattempted question. Fifth oval 'E' (introduced for security purpose) is to be darkened in case you do not want to attempt the question to avoid negative marking.**
7. To open the question booklet, remove the seal gently when asked to do so. Handover the OMR Answer-sheet to the officer on duty on the completion of the time before you leave the examination hall.
8. **The candidates are permitted to carry his/her question booklet after completion of the examination but OMR Sheets are compulsory required to be deposited with the invigilator.**
9. A candidate who create disturbance of any kind or changes his/her seat or is found in possession of any paper possibility of any assistance to him/her or unfair means will be expelled from the examination by the Centre superintendent/Observer, whose decision shall be final. ("Expulsion" for this purpose would mean cancellation of the entire examination of the candidate).
10. **THE CANDIDATES ARE NOT PERMITTED TO CARRY ANY TELECOMMUNICATION EQUIPMENT SUCH AS WATCH, CELLULAR PHONE, WIRELESS SET, SCANNER ETC. INSIDE THE EXAMINATION HALL.**
11. For rough work, use only the blank space of the Question booklet.
12. The candidates will not be allowed to leave the examination hall during the examination.
13. Borrowing any material is not allowed.
14. The answer-sheet is designed for Computer evaluation. If the instructions are not followed properly, the candidate alone shall be responsible for the resultant loss.
15. Smoking/Refreshment shall not be allowed in the Entrance Test Centre/Hall.
16. Male candidates shall affix their Left Thumb Impression (LTI) while Female candidates shall affix Right Thumb Impression (RTI) at the prescribed place on the OMR answer sheet, Question Booklet and attendance sheet. The Centre superintendent shall also obtain and retain it for record.
17. The candidate must fill both the question booklet number and OMR answer sheet number on the attendance sheet.
18. No candidate shall be allowed to leave the centre before **12:00 Noon.**

1. Atlanto-occipital joint is an example of which lever
 - a) First order
 - b) Second order
 - c) Third order
 - d) Fourth order
2. The swing phase makes up ____ of the gait cycle
 - a) 30%
 - b) 40%
 - c) 50%
 - d) 60%
3. The close pack position for humeroulnar joint is
 - a) Full flexion
 - b) Full extension
 - c) Full supination
 - d) Full pronation
4. Which of the following is not the essential being of Frenkel's exercise
 - a) Concentration of attention
 - b) Precision
 - c) Repetition
 - d) Strength
5. Most preferred stretching technique in Parkinson's patient to improve the flexibility is
 - a) Rhythmic stabilization
 - b) Slow reversal
 - c) Contract relax
 - d) Repeated contraction
6. XI cranial nerve supplies
 - a) Trapezius
 - b) Pectoralis major
 - c) Scalene
 - d) Subscapularis
7. According to Brunnstrom, In which sequential recovery stage in hemiplegia "disappearance of spasticity" is there.
 - a) Stage III
 - b) Stage IV
 - c) Stage V
 - d) Stage VI
8. The clinical picture which includes preservation of motor function, sense of pain and light touch but loss of proprioception and epicritic sensation below the level of lesion is
 - a) Anterior cord syndrome
 - b) Posterior cord syndrome
 - c) Central cord syndrome
 - d) Brown Sequard syndrome
9. According to the rule of nines in burn, what percentage of TBSA (total body surface area) is assigned to one entire upper limb in an adult
 - a) 4.5%
 - b) 9%
 - c) 18%
 - d) 1%
10. According to Glassgow Coma scale, a total score of 8 or less indicates
 - a) Mild brain injury
 - b) Moderate brain injury
 - c) Severe brain injury and coma
 - d) Normal consciousness
11. Burning, pressure like, stinging pain refers to which structure
 - a) Nerve
 - b) Nerve root
 - c) Sympathetic nerve
 - d) Vasculature
12. Which end feel present in tight muscle
 - a) Soft capsular
 - b) Empty
 - c) Springy block
 - d) Mushy tissue stretch
13. As per Modified Oxford Scale for muscle test grading Grade 4 represents
 - a) Good
 - b) Fair+
 - c) Fair
 - d) Fair-
14. Barthel index scoring is used to assess
 - a) Pain
 - b) Consciousness level
 - c) Activities of daily living
 - d) Level of spasticity

15. In ABCDs search pattern for radiologic image interpretation, B stands
 - a) Bone marrow
 - b) Bone density
 - c) Bone age
 - d) Body mass
16. The Digital Symbol Substitution Test (DSST) is primarily used to assess_____ in concussed athlete
 - a) Apraxia
 - b) Cognitive dysfunction
 - c) Language comprehension
 - d) Spatial orientation
17. The radiographic technique used to show motion in joints through x-ray imaging is called as
 - a) Discography
 - b) Fluoroscopy
 - c) Xeroradiography
 - d) Scintigraphy
18. Which of the following is absolute contraindication to sporting activities in people with epilepsy
 - a) Swimming
 - b) Cross country skiing
 - c) Cycling
 - d) Rock climbing
19. In upper crossed syndrome, which of the following muscle is weakened
 - a) Upper trapezius
 - b) Levator scapulae
 - c) Serratus anterior
 - d) Pectoralis minor
20. Osgood – Schlatter disease is an overuse injury that affects which anatomical structure
 - a) Tibial tuberosity
 - b) Patella
 - c) Femoral head
 - d) Medial malleolus
21. Which classification system is most used to describe growth plate fracture in children
 - a) Gustilo – Anderson classification
 - b) Garden classification
 - c) Salter – Harris classification
 - d) Neer classification
22. Which international organization is primarily responsible for monitoring and regulating doping in sports
 - a) IOC
 - b) WHO
 - c) WADA
 - d) FIFA
23. The vestibulo-ocular reflex is essential for which of the following function
 - a) Maintaining balance during quiet standing
 - b) Adjusting pupil size to light
 - c) Stabilizing visual images during head movement
 - d) Enhancing auditory perception in noisy environment
24. Sacral sparing is an important clinical sign that helps differentiate
 - a) Central vertigo from peripheral vertigo
 - b) Complete spinal cord injury from incomplete spinal cord injury
 - c) Upper motor neuron lesion from lower motor neuron lesion
 - d) Acute stroke from chronic stroke
25. Cogwheel rigidity is clinical sign most commonly associated with which of the following neurological disorder
 - a) Amyotrophic lateral sclerosis
 - b) Multiple sclerosis
 - c) Parkinson's disease
 - d) Guillain – Barré syndrome
26. Bouchard's nodes are bony enlargement found at which of the following joints
 - a) DIP
 - b) MCP
 - c) PIP
 - d) CMC
27. 'W' sitting position may lead to excessive
 - a) Medial tibial torsion
 - b) Lateral tibial torsion
 - c) Anterior tibial torsion
 - d) Posterior tibial torsion

28. Terrible triad of the knee refers to combination of injuries to
 - a) ACL, MCL, Medial meniscus
 - b) ACL, PCL, Medial Meniscus
 - c) ACL, LCL, PCL
 - d) ACL, LCL, Medial Meniscus
29. The sensory homunculus represents the distribution of sensory input on the post central gyrus. Which of the following body parts occupy the largest area on the sensory homunculus
 - a) Back
 - b) Thigh
 - c) Lips and fingers
 - d) Abdomen
30. A positive Romberg's sign indicates a problem with which of the following systems
 - a) Cerebellar function
 - b) Vestibular system only
 - c) Dorsal columns of the spinal cord (proprioception)
 - d) Visual processing center
31. To ensure global acceptability of graduates, National Commission for Allied Health Professionals (NCAHP) focus on studying hours which has been converted into Credits as per National Credit Framework, where 1 Credit for practical is equals to
 - a) 15 hours
 - b) 30 hours
 - c) 45 hours
 - d) 60 hours
32. In foot orthosis, _____ is responsible for a rocker bottom effect during toe off
 - a) Ball
 - b) Vamp
 - c) Shank
 - d) Toe spring
33. Most wheelchair users can negotiate the ramp sloped upto
 - a) 5° - 8°
 - b) 12° - 15°
 - c) 18° - 20°
 - d) 23° - 25°
34. As per eligibility criteria, individuals typically need to have a minimum of what percentage of disability as assessed by a certified medical authority to avail disability-related benefits?
 - a) 30%
 - b) 40%
 - c) 50%
 - d) 60%
35. In which soft tissue manipulation technique, fingers are used for moulding the part by alternate compression and release in a circular manner, mainly performed for the soft tissues
 - a) Stroking
 - b) Effleurage
 - c) Kneading
 - d) Hacking
36. The F- wave is most helpful in diagnosing condition involving
 - a) The neuro-muscular junction
 - b) The sensory portion of the nerve
 - c) The distal portion of the axon
 - d) The proximal portion of the motor axon
37. In Maitland's grading, which grade is used for treating joints specifically limited by pain
 - a) Grade II
 - b) Grade III
 - c) Grade IV
 - d) Grade V
38. Which of the following law is related to circulatory response in which the reduced metabolic rate of cooled tissues allows cooled muscle to contract many more times before fatigue
 - a) Cosine law
 - b) Van't Hoff's law
 - c) Joule's law
 - d) Inverse square law

39. In UVR, Psoralen is given _____ hours prior to treatment
- 2 hours
 - 5 hours
 - 10 hours
 - 24 hours
40. In resistance training, "Military-Press" is used to strengthen primarily
- Deltoid & supraspinatus
 - Serratus anterior & Pectoralis Minor
 - Upper trapezius
 - Biceps
41. Diaphragm is innervated by
- Axillary nerve
 - Musculo-cutaneous nerve
 - Phrenic nerve
 - Superior laryngeal nerve
42. Cardiac output is the product of
- Diastolic blood pressure and heart rate
 - Stroke volume and heart rate
 - Stroke volume and respiratory rate
 - Mean arterial pressure and heart rate
43. Maximum heart rate of 50-year-old is
- 120
 - 170
 - 180
 - 220
44. In Basic Life Support (BLS), which of the following sequence if followed
- Airway – Breathing – Compression
 - Breathing – Compression – Airway
 - Compression – Airway - Breathing
 - Airway – Compression – Breathing
45. Resistance exercise that carried out in specific sequence using a variety of exercises in one set is called
- Fartlek training
 - Circuit training
 - Plyometric training
 - Pilates
46. Where is the motor point of vastus medialis located
- At the mid-point of muscle belly
 - In the upper third of thigh
 - A short distance above the knee joint
 - Near the origin of hip joint
47. As per American Academy of Orthopedic Surgeons, range of motion for wrist extension is
- 0° - 70°
 - 0° - 80°
 - 0° - 90°
 - 0° - 95°
48. In Transcutaneous Electrical Nerve Stimulation (TENS), dosage consisting of higher intensity and low frequency stimulation is called as
- Low TENS
 - Burst TENS
 - Brief TENS
 - Modulated TENS
49. Following is the right format of writing research report
- Methodology, Result, Discussion, Conclusion, Introduction
 - Introduction, Result, Methodology, Conclusion, Discussion
 - Introduction, Discussion, Result, Conclusion, Methodology
 - Introduction, Methodology, Result, Discussion, Conclusion
50. Which of the following is non-parametric test
- Paired t-test
 - Z- test
 - One way ANOVA
 - Chi-square test

ANSWER KEY			
Recruitment test conducted on 29/05/2025 for post of Demonstrator Physiotherapy/ Demonstrator Physiotherapy- Sports under BFUHS, Faridkot			
1	A	26	C
2	B	27	B
3	B	28	A
4	D	29	C
5	C	30	C
6	A	31	B
7	D	32	D
8	B	33	A
9	B	34	B
10	C	35	C
11	C	36	D
12	D	37	A
13	A	38	B
14	C	39	A
15	B	40	A
16	B	41	C
17	B	42	B
18	D	43	B
19	C	44	C
20	A	45	B
21	C	46	C
22	C	47	A
23	C	48	A
24	B	49	D
25	C	50	D