

(1)

Name =

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MCAQs

Section A'

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|------|---------|------|---------|
| (1) | Ans = B | (15) | Ans = C |
| (2) | Ans = C | (16) | Ans = C |
| (3) | Ans = C | (17) | Ans = D |
| (4) | Ans = D | (18) | Ans = C |
| (5) | Ans = C | (19) | Ans = A |
| (6) | Ans = B | (20) | Ans = B |
| (7) | Ans = C | (21) | Ans = D |
| (8) | Ans = A | (22) | Ans = A |
| (9) | Ans = A | (23) | Ans = B |
| (10) | Ans = D | (24) | Ans = C |
| (11) | Ans = D | (25) | Ans = D |
| (12) | Ans = C | (26) | Ans = C |
| (13) | Ans = D | (27) | Ans = D |
| (14) | Ans = E | (28) | Ans = C |

2

(29)

Ans = A

(30)

Ans = C

(31)

Ans = C

(32)

Ans = B

(33)

Ans = B

(34)

Ans = A

(35)

Ans = D

(36)

Ans = A

3

"SECTION B"

Ans :: (1)

(A)

Musculoskeletal effects:

- ① Decrease weight bearing area through buoyancy of water.
- ② provide strengthening
- ③ Obese people can perform all types of exercise easily in water without assistance or crutches as compared to the exercise which is given in dry land.
- ④ The ~~buoyancy~~ buoyancy of water decrease joint stress.

B cardiovascular effects:

if a person is immersed in the water hydrostatic pressure displaces the venous blood proximally and increase.

- The cardiac volume.
- increase the stroke volume.
- increase the cardiac output.
- So more blood will flow towards the body part and also muscle which can lead to increase metabolism and improve healing.

(5)

⑥ Respiratory effect:

when we immersed body in water, they increased the rate of breathing, due to the venous return the blood moves from the periphery to the heart. when we immersed body in water to the chest, water applied pressure on chest and as a result the lungs do not expand easily, and show resistance towards lungs expansions. And hence the vital capacity of lungs becomes decreases.

⇒ They decreased a vital capacity of the lungs

⇒ They lead to increase a work load.

⇒ To decreased exercise to induce the asthma.