

**M.P.Ed. Examination, 2017**  
**Semester-II**  
**Physical Education**  
**Course – MPCC-203**  
**(Athletic Care and Rehabilitation)**

**Time – 3 Hours**

**Full Marks- 70**

*Questions are of value as indicated in the margin.*

**Answer one question from each unit.**

**Unit I**

1. What are the objectives of Corrective Physical Education? How would you examine the spine of your students? 7+7= 14

**Or**

Write note on any one of the following: 14

- a. Benefits of good posture
- b. Anatomy of standing posture from different angles

**Unit II**

2. What is Postural deviation? Discuss various postural deviations at different parts of the body. 2+12 = 14

**Or**

Write note on **any two** of the following: 7 × 2 = 14

- a. General causes of postural deviations
- b. Normal curve of the spine and its utility
- c. Corrective exercises for Lordosis alignment of spine

**Unit III**

3. Define Rehabilitation. Classify various forms of stretching exercises for rehabilitation after injury with example. 14

**Or**

Write short notes on **any two** of the following: 7 × 2 = 14

- a. PNF stretching
- b. Basic principles of Rehabilitation exercises
- c. Application of resistance exercise for rehabilitation

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**Unit IV**

4. Write an exhaustive note on benefit of massage.

14

**Or**

Write note on two one of the following:

7 × 2 = 14

- a. Brief history of massage
- b. Massage and relaxation
- c. Contradiction of massage
- d. Deep massage

**Unit V**

5. What are the exposed and unexposed injuries in sports? Discuss common preventive measures for sports injuries.

7+7 = 14

**Or**

Write note on ***any two*** of the following:

7 × 2 = 14

- a. Common causes of sports injuries.
  - b. Principle of applying cold and heat treatment on injury.
  - c. Strapping technique.
  - d. Ultrasonic therapy for injury treatment.
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