

M.P.Ed. Examination, 2015
Semester-IV
Physical Education
Paper – MPED-242
(Therapeutic Dimensions of Physical Education)

Time: 3 Hours

Full Marks: 40

Questions are of value as indicated in the margin.

Answer **one** question from each unit.

Unit-I

1. "Sport performance can improve through 'Functional Exercises' – Discuss with diagram. 8

or

Explain the scope of 'Exercise Therapy' in the present world. 8

Unit-II

2. Discuss the mechanism of Massage for therapeutic application. 8

or

Discuss the physiology behind cold and hot therapy. 8

Unit-III

3. Explain how yoga work as a therapy in the human body and mind. 8

or

Explain the basic of Pranayama with diagram. 8

Unit-IV

4. Describe the mechanism of soft tissue healing. 8

or

Describe the prevention, care and rehabilitation of common sport injuries. 8

Unit-V

5. What is Diabetes? Discuss the therapeutic exercises for diabetic person. 4+4=8

or

What is hypo and hyper kinetic diseases? What are the mechanism of exercise therapy to control these diseases? 2+6=8