

M.P.Ed. Examination, 2016

Semester – III

Course – MPCC-302

(Sports Medicine)

Time: 3 Hours

Full Marks: 70

Questions are value as indicated in the margin.

Answer one question from each unit

UNIT-I

1. Define Sports Medicine. What is the importance of Sports Medicine? Describe general principles of therapeutic exercises. 2+4+8=14

OR

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

2×7=14

- | | |
|------------------|---|
| a) Gait Training | b) Balance Exercises for rehabilitation |
| c) PRICE | d) Acute and Chronic injuries |

UNIT-II

2. What is rehabilitation? Discuss various principles of rehabilitation. What do you understand by contraindications of rehabilitation? 2+6+6=14

OR

What are the advantages and disadvantages of stretching exercises? Describe various types of stretching. 6+8=14

UNIT-III

3. What is spinal range of motion? Describe various injuries of spine. 4+10=14

OR

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

2×7=14

- a) Exercises for strengthening Neck and Spine.
- b) Therapeutic exercises with equipment for spinal injury.
- c) Supporting and Aiding techniques for spinal and neck exercises.

UNIT-IV

4. Differentiate among sprain, strain, dislocation and strapping. Describe two stretching and strengthening exercises for shoulder with figures. 6+8=14

OR

What is Relaxation technique? Discuss on relaxation exercises after injury of thorax.

4+10=14

UNIT-V

5. What are common lower extremity injuries in sports? Describe stretching and strengthening exercises for ankle. 6+10=14

OR

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

2×7=14

- a) Abdominal injury and Exercises
 - b) Knee injury and Exercises
 - c) Foot Sprain and Exercises.
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