

M.P.Ed. Examination, 2018

Semester-III

Physical Education

Course: MPCC-302

(Sports Medicine)

Time: Three Hours

Full Marks: 70

Questions are of value as indicated in the margin

Answer one question from each Unit

UNIT-I

1. Explain 'Medicine to the Sports man' and 'Sport as a Medicine' in detail. 14

OR

Explain 'PRICE' in detail with its advantages and disadvantages.

UNIT-II

2. Describe Isotonic, Isometric and Isokinetic exercises with diagram. Discuss about the advantages and dangers of stretching exercises. 7+7=14

OR

Explain the basic Rehabilitation techniques with examples. What do you understand by PNF? Explain in detail.

UNIT-III

3. Discuss the anatomical structure of bones, muscles, blood vesicles and nerve supply in the spinal cord of a normal human and its injuries with diagram. 14

OR

Discuss the importance of free hand exercises, stretching and strengthening exercise after spinal injury with proper diagram.

UNIT-IV

4. Explain the normal anatomical structure of Upper Extremity with diagram and state its injuries. 8+6=14

OR

Explain in detail the process of soft tissue healing with actual diagram.

UNIT-V

5. Describe the normal anatomical structure of lower extremity with diagram and state its injuries. 8+6=14

OR

Explain the process of hard tissue healing with actual diagram, in detail.
