

M.P.Ed. Examination, 2019
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. Define posture. What are the values of good posture from physiological and psychological point of view? 2+12=14

Or

Write notes on **any two** of the following : 7+7=14

- a) Causes of bad posture b) Body mechanics and standard standing posture
c) Examination of the spine.

Unit - II

2. Describe various postural deviations of the spine and suggest remedies. 14

Or

Describe knock knee, Bow leg and Flat foot with their scientific names and remedial exercises. 14

Unit – III

3. What is PNF technique? Describe the principles of PNF technique. 7+7=14

Or

Classify various rehabilitation exercises with examples. 14

Unit – IV

4. What are the general principles of giving massage? How does massage helps in relaxation? 8+6=14

Or

Classify various manipulations used in massage and describe their specific uses in the human body. 14

Unit – V

5. Classify various injuries in sports and discuss the principles of application of cold. 10+4=14

Or

Discuss principles pertaining to the prevention of sports injuries. When short wave diathermy theory and ultrasonic therapy are used? 6+8=14
