

M.P.Ed. Examination, 2018
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. Discuss 'Corrective Physical Education' with its historical background, objectives and present status. 14

Or

Define posture. Describe the body mechanics of standard standing posture. 2+12=14

Unit-II

2. What is neutral spine? What is the utility of normal curve of human spine? 3+11=14

Or

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

- (a) Kyphosis and Exercise (b) Causes of Postural deviations and remedies (c) Knock knee
(d) Flat foot

Unit-III

3. What is rehabilitation? Discuss general principles of rehabilitation? 3+11=14

Or

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

- (a) PNF techniques and Principles (b) Active, Passive and Assisted exercises with examples
(c) Role of resistance exercise for rehabilitation.

Unit-IV

4. Discuss physiological, chemical and psychological effects of massage. 14

Or

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

- (a) Principles (general) of giving massage (b) Contra-indications of massage
(c) Manipulations used in massage (d) Deep massage

Unit-V

5. Classify and describe common sports injuries. Discuss the principles pertaining to prevention of sports injuries in general. 8+6=14

Or

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

- (a) Techniques and Principles of strapping
(b) Principles of applying cold and heat to injury
(c) Short wave diathermy and injury
(d) Treatment of unexposed injuries in sports
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