

**B.P.Ed. Examination, 2016**  
**Semester-III**  
**Physical Education**  
**Course: EC-301 (Elective)**  
**(Sports Medicine, Physiotherapy and Rehabilitation)**

**Time: Three Hours**

**Full Marks: 70**

*Questions are of value as indicated in the margin.*

**Attempt any one question from each Unit-I to Unit-III,  
two from Unit-IV & give ten answer from Unit-V**

**UNIT-I**

1. What is Sports Medicine? Discuss the Prevention, Care and Rehabilitation process of ankle injury. 3+2=15

or

Describe in brief the skin, muscle, ligament and bone injury. 15

**UNIT-II**

2. What is Physiotherapy? Explain the importance of physiotherapy in modern sport world. 3+12=15

or

What is Electrotherapy? Explain the procedure for the use of Intra Red Rays and Short Wave Diathermy. 3+6+6=15

**UNIT-III**

3. What is Hydrotherapy? Explain about the contrast Bath, Steam Bath and Whirlpool Bath. 3+4+4+4=15

or

What is Massage? Classify the Massage and state its effect in the human body. 3+8+4=15

**UNIT-IV**

4. Answer **any two** questions from the following: 7.5+7.5=15
- (i) Classify Therapeutic Exercise
  - (ii) Therapeutic Exercise effect in the human body
  - (iii) Passive Movement
  - (iv) Active Movement

**UNIT-V**

Answer **any ten** questions

5. i) Athletic Heart – a) Big heart b) Small heart c) Old heart d) Efficient heart
- ii) Sport Injury – a) General Injury b) Sport Damage c) Injury related with sport  
d) Sport Physiology
- iii) First Aid – a) First address b) Aid to all c) Fast food d) Initial treatment

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(2)

- iv) Ultraviolet Ray – a) Pain b) Massage therapy c) Hydrotherapy d) Electrotherapy
  - v) Ultrasonic Ray – a) Water therapy b) Wax bath c) Sand therapy d) Sport therapy
  - vi) Nerve stimulator – a) Exercise b) Yoga c) Massage d) Physiotherapy
  - vii) Cold therapy – a) Cryo therapy b) Hot water c) Physiology d) Psychology
  - viii) Sauna Bath – a) Hot Bath b) Rain Bath c) Sea Bath d) Mud Bath
  - ix) Thermotherapy – a) Cold bath b) Cold water c) Hot therapy d) Exercise therapy
  - x) Free Mobility Exercise – a) Moderate exercise b) Slow exercise c) Active exercise  
d) Passive exercise
  - xi) Eccentric Exercise – a) Extension of muscle b) Contraction of muscle  
c) Endurance exercise d) Speed of muscle
  - xii) Concentric Exercise – a) Coordination exercise b) Combine exercise  
c) Isotonic exercise d) Excessive exercise
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