

M. P. Ed. 2nd Semester Examination 2023
Athletic Care and Rehabilitation
MPCC – 203

Full Marks – 70

Time – 4 Hours

The figures in the margin indicate full Marks.

The candidates are required to give their answers in their own words as far as practicable.

Illustrate the answer wherever necessary.

1. What is rehabilitation? Explain the guiding principles of rehabilitation. Discuss the different steps of rehabilitation programme. **3+5+7=15**

OR

Define rehabilitation. Why rehabilitation is importance in sports injury. Discuss about different types of rehabilitation programme. **2+4+8=15**

2. What is strapping? Discuss about the contradiction of strapping. What are the principles of rehabilitation? Discuss different types of rehabilitation exercises. **1+3+3+8=15**

OR

Discuss the objective of rehabilitation in sports injuries. Discuss on the principles and precaution of Tapping. Write about different types of rehabilitation techniques. **3+4+8=15**

3. What is corrective Physical Education? Explain the standard Standing Posture. Describe the symptoms, causes and treatment of Round Shoulder and Knock Knee. **2+5+4+4=15**

OR

Explain the Values of Good Posture. Describe the techniques of posture test. Explain the causes and treatment of Flat Back and Bow Leg. **3+4+4+4=15**

4. Define physiotherapy? Write on the importance of physiotherapy. Discuss about the application of different types of Penetrating thermotherapy. **2+5+8=15**

OR

Define Massage? What are the Principles of Massage? Explain the Physiological effects of massage. Discuss about the classification of massage. **2+4+4+5=15**

5. Write Notes on any two of following: **5 X 2 =10**

A. Proprioceptive Neuromuscular Facilitation (PNF)

B. Kyphosis

C. Superficial thermotherapy

D. Different types of Cryotherapy