

M. P. Ed 2nd Semester Examination 2017
Athletic Care and Rehabilitation
MPCC – 203

Full Marks – 70

Time – 3 Hours

*The figures in the margin indicates full Marks.
The candidates are required to give their answers in their own words as far as practicable.
Illustrate the answer wherever necessary.*

Group – A

Answer any three (3) Questions

1. What do you mean by the terms 'Rehabilitation' and 'Physiotherapy'? Discuss about the guiding principles of Rehabilitation. Classify various types of Stretching. 2+2+5+6 = 15
2. Define 'Corrective Physical Education'. What are the objectives of Corrective Physical Education? How would you, examine the spine of the students? 2+6+7 = 15
3. What do you mean by Athletic Care? Write down the principles of therapeutic modalities. Discuss about Electrical Stimulation and Cryotherapy. 2+3+5+5 = 15
4. What is Massage? Write down the indication and contra-indication of massage. Describe briefly psychological and physiological effects of massage. 1+3+3+4+4 = 15
5. What is postural deviation? What are the causes of Kyphosis? What are the remedial measures for Kyphosis. 2+6+7 = 15

Group – B

Answer any two (2) Questions

- 2 X 7¹/₂ = 15
6. (a) Standard of standing posture
(c) PNF stretching
 - (b) Normal curve of the spine and its utility
(d) Application of resistance exercise for rehabilitation

Group – C

7. Write short notes on any four (4) of the following. 4 X 2¹/₂ = 10
- (a) Benefits of good posture
 - (b) Principles of strapping
 - (c) Assisted exercise
 - (d) Essential qualities of a good massage therapist
 - (e) Types of rehabilitation
 - (f) Contra indication of tapping