

2016
2nd Semester Examination
Athletic Care and Rehabilitation
MPCC – 203

Full Marks 70

Time: 3 Hours

The figures in the margin indicate full Marks. Candidates are required to give their answers in their own words as far as practicable. Illustrate the answers wherever necessary.

Answer all Questions

1. What is corrective Physical Education? What are the objectives of corrective Physical Education? What is meant by 'body mechanics' of correct sitting posture? Give diagram. 2+5+8 = 15

OR

Define posture. What are 'good' and 'bad' posture? What factors cause bad posture? 2+5+8 = 15

2. What do you understand by normal curve of the spine? What are the causes of deviation of normal curve of the spine? Describe the advantages of a spine with normal curves. 5+5+5 = 15

OR

Define Scoliosis. What are the causes of Scoliosis? What are the remedial measures for Scoliosis? 5+5+5 = 15

3. Define stretching. Mention the several principles of stretching. Describe various types of stretching with suitable example. 2+6+7 = 15

OR

What do you understand by Rehabilitation in sports? Describe briefly 'assisted' and resisted exercises for rehabilitation. What is PNF technique? 3+6+6 = 15

4. What is massage? Write down a brief history of massage. Write the essential qualities of a good massage therapist. 3+6+6 = 15

OR

What are the benefits of massage? Point out with explanation the physical effect of massage. 'Massage is an aid for relaxation' – illustrate. 2+7+6 = 15

5. Write short notes on any two of the following: 5+5 = 10

- (i) Principles to be followed in preventing injury in sports.
- (ii) Principles and techniques of Strapping and Bandaging.
- (iii) Principles of application of heat and cold in athletic injury treatment.
- (iv) Use of infrared rays for treatment of athletic injury.