

BACHELOR OF ARTS EXAMINATION, 2024

(2nd Year, 4th Semester)

THERAPEUTIC VALUES OF PHYSICAL EDUCATION

COURSE : GE 4.9

Time : Two hours

Full Marks : 30

A. Answer *any two* questions of the following : 2×10=20

1. Define sports injuries. Mentioned the types of Sports Injuries? How to manage common injuries like:- fractures, dislocations, sprains and cuts. 2+4+4=10
2. What is rehabilitation? Explain the basic principles of rehabilitation. 2+8=10
3. Define exercise. Write down the various principles for exercise planning. 2+8=10
4. What do you mean by the term recreation? Highlight it's objectives and characteristics? 2+8=10

B. Write a short note (*any two*): 2×5=10

5. Write down the causes of common sports injuries.
6. Discuss any one therapeutic modality for athletes' rehabilitation.
7. Briefly discuss the importance of recreation in modern society.
8. Exercise Therapy