

**MASTER OF PHYSICAL EDUCATION EXAMINATION, 2024**

( 1st Year, 2nd Semester )

**ATHLETIC CARE AND REHABILITATION**

**PAPER - MPCC- 203**

Time : Three hours

Full Marks : 70

*Mention the Question number clearly before writing the answer*

**GROUP: - A**

Answer **any three** questions:

**15 × 3 = 45**

1. Define rehabilitation and mention its types. State the guiding principles of rehabilitation.  
Discuss the steps of rehabilitation with an example from sports. 4+5+6=15
2. Explain the precautions and indications for strapping. Describe proprioceptive neuromuscular facilitation in detail. 8+7=15
3. Define corrective physical education. State the difference between lordosis and kyphosis with reference to their symptoms. Describe the corrective treatment for kyphosis. Mention the types of flat foot. 2+5+5+3=15
4. State the guiding principles of therapeutic modalities. Explain the mechanism of cryotherapy in detail and state its techniques. 6+9=15
5. Differentiate between knock knees and bow legs. Describe the mechanical mode of therapy for injured persons. Explain the techniques of electrical therapy. 5+5+5=15

**GROUP: - B**

Write notes on **any two** of the following:

**7.5 × 2 = 15**

- 6) Classify Physiotherapy in detail and explain its importance.
- 7) Explain the physiological and psychological effects of Massage
- 8) Thermotherapy and its mechanisms.
- 9) Rehabilitative Exercises

[ Turn over

**GROUP: - C**

**10. Write the correct option (any ten):**

**1 × 10 = 10**

i) Mark the incorrect statement in reference to Rehabilitation:

- a. There is need for more research and data on rehabilitation
- b. Rehabilitation is a luxury health service
- c. Rehabilitation is given alongside other health interventions.
- d. Rehabilitation facilitates recovery

ii) ..... are common reasons for Flat foot.

- a) Pregnancy and Hypertension
- b) Walking long distances and improper running
- c) Compressed toe box and rheumatoid arthritis
- d) Hypothyroidism and Obesity

iii) Corrective physical education revolves around.....

- a) Constructive theory
- b) Constructive-Reconstructive Theory
- c) Reconstructive theory
- d) Reconstructive -Constructive Theory

iv) Match the following:

- |  |   |                |
|--|---|----------------|
| I. Cooling of liquid on skin surface                     | - | A. Radiation   |
| II. Direct contact heat transfer through a medium        | - | B. Convection  |
| III. Direct contact heat transfer no medium              | - | C. Conduction  |
| IV. Direct contact heat transfer through another medium- |   | D. Evaporation |

Codes:

- |    | I | II | III | IV |
|----|---|----|-----|----|
| a) | D | C  | B   | A  |
| b) | D | B  | A   | C  |
| c) | D | C  | A   | B  |
| d) | D | A  | B   | C  |

v) Chemical packs in thermotherapy cause heat production due to.....

- a) reversible reactions                      b) double reactions
- c) endothermic reaction                    d) exothermic reaction

vi) During effleurage .....

- a) different pressures may be applied with each stroke.
- b) the direction of lymphatic drainage must be followed towards lymphatic nodes.
- c) superficial massage stroking must be in the direction of venous return.
- d) the direction of heavy massage must always follow the movement of cardiac output.

vii) Palmar and Digital Pressure are applied in .....massage method

- a) Petrissage                                  b) Kneading
- c) Percussion                                 d) Vibration

viii) Galvanic bath combines.....

- a) electrical energy and hydrotherapy                      b) electrical and magnetic energy
- c) magnetic energy and hydrotherapy                      d) electrical and mechanical energy

ix) Vertigo is a condition corrected by .....

- a) Geriatric physiotherapy                                      b) Pediatric Physiotherapy
- c) Vestibular physiotherapy                                    d) Neuromuscular Physiotherapy

x) Congenital lordosis may occur due to an existing condition called.....

- a) Muscular Atrophy    b) Spina Bifida
- c) Achondroplasia     d) Cerebral Palsy

xi) Match the following:

- |                        |                |
|------------------------|----------------|
| I. Fluro methane -     | A. Scoliosis   |
| II. Mc Kenzie method-  | B. Traction    |
| III. Milwaukee brace – | C. Kyphosis    |
| IV. Boston Brace–      | D. Evaporation |

Codes:

- |    | I | II | III | IV |
|----|---|----|-----|----|
| a) | D | B  | A   | C  |
| b) | D | B  | C   | A  |
| c) | B | C  | D   | A  |
| d) | B | D  | A   | C  |

xii) .....is not an indication for tapping in sports injury.

- |                              |                          |
|------------------------------|--------------------------|
| a) Correct movement patterns | b) Move lymphatic fluids |
| c) Increase inflammation     | d) improve posture       |