

Master of Physical Education Examination - 2025

Department of Physical Education

1st Year, 2nd Semester

Subject Code: MPCC-203

ATHLETIC CARE AND REHABILITATION

Time: Three Hours

Full Marks: 70

Group - A

Answer any three questions:

15×3=45

1. Write down the different types of rehabilitation and explain each of them. Why is rehabilitation important to restore the functional ability of an injured sportsperson? 7+8=15
2. What do you understand by tapping? Mention precautionary measure of tapping. Briefly describe about Indication & Contraindication of Strapping. Give suitable examples of passive and active exercise after surgery of ACL. 2+3+8+2=15
3. Define postural deformities and give the values of good posture. Explain the types of Lordosis and how they can be prevented. Describe the treatment methods of Scoliosis. (2+2)+(5+3)+3=15
4. Elaborate the three mechanisms of Cryotherapy. Explain the modalities electromagnetic therapy. 8+7= 15
5. Explain the principles of therapeutic modalities. Differentiate between round shoulder with pigeon chest and bow legs with knock knees. 5+5+5=15

Group - B

Write short notes on following (any two)

7.5×2=15

6. PNF
7. Classification of Massage
8. Rehabilitation exercises
9. Thermotherapy and its techniques

Group - C

10. Chose the correct option and answer the following MCQs and write it on your answer script (any ten) 1×10=10

- i) Mark the incorrect statement in reference to Rehabilitation:
 - a) Physiotherapy is a part of rehabilitation
 - b) Recovery facilitates rehabilitation
 - c) Rehabilitation is given alongside other health interventions.
 - d) Rehabilitation facilitates recovery

- viii) Balneotherapy is related to.....
- a) spa therapy
 - b) magnetic energy
 - c) hydrotherapy
 - d) mechanical energy
- ix)is not a contraindication of cryotherapy
- a) Bursitis
 - b) Hypersensitivity to cold
 - c) Frost Bite
 - d) Peripheral Vascular Disease
- x) Pediatric and Geriatric physiotherapy deals with
- a) children and women
 - b) children and aged
 - c) aged and children
 - d) children and pregnant women
- xi) Match the following:
- | | | |
|------------------------|---|--|
| I. Muscle Atropy | – | A. muscle rigidity |
| II. Muscle Dystrophy | – | B. ability of the muscle to adapt and change |
| III. Muscle Spasticity | – | C. degeneration of muscle |
| IV. Muscle Plasticity | – | D. muscle wasting |

Codes:

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

- xii)is an indication for tapping in sports injury.
- a) Open wounds
 - b) Deep vein thrombosis
 - c) Acute infection
 - d) Improve posture
