

**MASTER OF PHYSICAL EDUCATION EXAMINATION 2019**

( 1st Year, 2nd Semester )

**ATHLETIC CARE AND REHABILITATION****PAPER : MP EC-203**

Time : Three hours

Full Marks : 70

**GROUP - A**( Answer *any three* questions from the following)

1. How is rehabilitation important in games and sports ?  
Mention the steps of a general rehabilitation programme.  
What are the different types of rehabilitation exercises explain them in detail.  
4+4+7=15
2. What do you understand by the word 'Strapping' ? Give the precaution of taping. Explain the contraindication of taping.  
Mention the essential principles of rehabilitation.  
2+3+4+6=15
3. What is corrective physical education ? Elaborate the objectives and principles of corrective physical education.  
Write down the importance of good posture for an individual in brief.  
3+7+7=15
4. Describe the meaning of Lordosis and Kyphosis. Analyze the causes, symptoms and treatment of these two deformities that

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- c) Old Age
  - d) Infant age
- xii) What is the major cause of poor posture in infants and children ?
- a) Malnutrition and Habit
  - b) Malnutrition and Injury
  - c) Malnutrition and Lack of physical activity
  - d) Malnutrition and Tight clothing

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commonly occur in various individuals. 3+4+4+4=15

5. What do you mean by Massage ? Mention about contraindication of Massage. Explain the different types of techniques involved in massage.

**GROUP - B**

6. Short notes (*any two*) : 7.5×2=15
- a) Rehabilitative Exercises
  - b) Therapeutic Modalities
  - c) Scoliosis
  - d) Rehabilitation Techniques

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**GROUP - C**

7. Answer *any ten* questions (Write the correct option) :

10×1=10

- i) Cupping is a technique performed by the :
  - a) Concave surface of the hand
  - b) Convex surface of the palm
  - c) Concave surface of the palm
  - d) Convex surface of the hand
- ii) Numbness, tingling and redness of skin are side effects of which therapeutic modality :
  - a) Iontophoresis
  - b) Thermotherapy
  - c) Ultrasound
  - d) Cryotherapy
- iii) Bow legs are associated with :
  - a) Genu Varum
  - b) Blount's diseases
  - c) Rickets
  - d) All of the above
- iv) Strapping is the common technique of physiotherapy that :
  - a) Can use vary from restricting certain movements while allowing other movements ;
  - b) Can use to restrict all body movements for avoid further injury ;

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- c) Can use to free all body movements for better movements
- d) None of the above
- v) Juvenile oestochondrosis of the spine is called :
  - a) Sheuermanns kyphosis
  - b) Sheuermanns arthritis
  - c) Sheuermanns spine
  - d) None of the above
- vi) The treatment of disease, injury, or deformity by physical methods such as massage, heat treatment and exercise is called :
  - a) Rehabilitation
  - b) Corrective Physical Education
  - c) Physiotherapy
  - d) Alternative medicine.
- vii) Lateral curvature of the spine is a condition which occurs in :
  - a) Round shoulders
  - b) Scoliosis
  - c) Kyphosis
  - d) Flat back

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- viii) Stimuli that are perceived and produced within an organism help in contraction and relaxation of muscles are involved in stretching called :
  - a) Static stretching
  - b) Ballistic stretching
  - c) Proprioceptive stretching
  - d) Active Stretching
- ix) The technique of massage involving repeated circular stroking movement :
  - a) Effleurage
  - b) Topotement
  - c) Petrissage
  - d) Shiatsu
- x) Tendonitis is :
  - a) Inflammation of tendon
  - b) Tearing of tendon
  - c) Damage of tendon
  - d) Swelling of tendon
- xi) Matthiassposture test is clinical test of posture mainly assess -
  - a) Women during pregnancy
  - b) Chindren & Adolescent

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