

Ex/Phy.Edn/PG/MPCC-203/196/2018

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2018

(1st Year, 2nd Semester)

ATHLETIC CARE & REHABILITATION

PAPER - MPCC-203

Time : Three hours

Full Marks : 70

GROUP - A

(Answer *any three* questions from the following)

1. What do you mean by the term “Rehabilitation” ? Define rehabilitation. Write a note on the importance of rehabilitation in the field of exercise and sports science. 3+2+10=15
2. Exercises are of various types, give the meaning of rehabilitative exercise and express its types in complete detail. 3+12=15
3. Enlist the various postural deformities. Discuss any two postural deformities with symptoms, causes and treatment. 3+12=15
4. Discuss the objectives and principles of rehabilitations. 5+10=15
5. Define physiotherapy and mention the importance of physiotherapy. Describe in short the various types of Therapeutic Modalities. 5+10=15

[Turn over

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GROUP - B

6. Write *any two* short notes from the following : $7\frac{1}{2} \times 2 = 15$

- 1) Meaning and Objectives of Corrective Physical Education
- 2) PNF Stretching
- 3) Step by step method of Spine examination
- 4) Massage

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xi) Short wave diathermy is a technique of _____

- a) Electrotherapy
- b) Cryotherapy
- c) Heat therapy
- d) none of the above

xii) Continuous passive motion apparatus is used to

- a) Increase range of motion
- b) Maintain range of motion
- c) Strengthen knee muscles
- d) All of the above

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- vi) Passive stretching is also called :
- a) Dynamic stretching
 - b) Isometric stretching
 - c) Relaxed stretching
 - d) None of the above
- vii) Muscular dystrophy :
- a) Weakness of muscle
 - b) Degeneration of the muscle
 - c) Deterioration in muscle
 - d) All of the above
- viii) Example of resisted exercise :
- a) Dumbbell curls
 - b) Barbell bench presses
 - c) Medicine ball squats
 - d) All of the above
- ix) PNF is used to :
- a) Increase stability
 - b) Increase stiffness
 - c) Increase the range of motion
 - d) Limit the range of motion
- x) _____ is caused due to Juvenile Osteochondrosis.
- a) Scheurmann's disease
 - b) Suremann's Disease
 - c) Scheuremann's Disease
 - d) Schureman's Disease

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GROUP - C

7. Answer *any ten* Questions from the following : 10×1=10
- i) Postural Kyphosis in young is called :
- a) Hunchback
 - b) Hump
 - c) Slouch
 - d) Slump
- ii) Crooked Spine occurs in :
- a) Lordosis
 - b) Scoliosis
 - c) Kyphosis
 - d) Hydrosis
- iii) Cobb method is used to measure :
- a) Hyper Lordosis
 - b) Postural Kyphosis
 - c) Juvenile Lordosis
 - d) Postural Lordosis
- iv) Boston brace and Milwaukee brace are treatments for :
- a) Kyphosis and Lordosis respectively
 - b) Hyper lordosis and Lordosis respectively
 - c) Lordosis and Kyphosis respectively
 - d) Postural kyphosis and Kyphosis respectively
- v) Corrective physical education is a _____ physical education :
- a) Constructive
 - b) Reconstructive
 - c) Constructive and Reconstructive
 - d) Destructive

[Turn over