

**BACHELOR OF ARTS EXAMINATION, 2022**

( 2nd Year, 4th Semester )

**DEPARTMENT OF PHYSICAL EDUCATION**

**COURSE – GENERAL ELECTIVE**

**THERAPEUTIC VALUES OF PHYSICAL EDUCATION**

**PAPER : CBCS/UG/GE/4.9**

Time : Two hours

Full Marks : 30

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

1. What do you mean by rehabilitation? Discuss any one rehabilitative therapy. Why rehabilitation is important in sports? 2+4+4
2. What is recreation? Write about the aim and objectives of recreation. Mention the characteristics of recreation. 2+4+4
3. What is sports injury? Write down the causes of sports injury. Write about the management of common sports injury? 2+4+4

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

4. Principles of exercise planning.
5. Exercise therapy
6. General concept of exercise
7. Recreation.