

Department of Physical Education
Master of Physical Education Examination - 2022
1st Year, 2nd Semester
MPCC- 203
Sub: Athletic Care and Rehabilitation

Time: Three Hours

Full Marks: 70

Mention the Question number clearly before writing the answer

GROUP: - A

Answer any three questions:

$15 \times 3 = 45$

Q1. What is the meaning of rehabilitation? Mention the importance of rehabilitation and its basic steps that need to be followed in case of an injured sports player. Explain continuous passive movement and its role in sports.

$2+8+5=15$

Q2. Define corrective physical education and state the objectives of corrective physical education. Elaborate how spine can be examined and corrected through various posture tests and ergonomic aids.

$6+9=15$

Q3. Differentiate Lordosis and Kyphosis with a diagram. Elaborate on the symptoms, causes, types and treatment of Lordosis in detail.

$3+12=15$

Q4. Briefly explain the meaning and concept of physiotherapy. Elaborate the guiding principles of therapeutic modalities. Explain Cryotherapy in detail.

$5+5+5=15$

Q5. What is massage? Classify massage in detail with examples. Explain the principles and effects of massage.

$2+6+7 =15$

[Turn over

GROUP: - B

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

7.5 × 2 = 15

- 6) Strapping and Taping
- 7) Flat Foot and Round Shoulder
- 8) Rehabilitative Exercises
- 9) PNF Stretching

GROUP: - C

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

1 × 10 = 10

- i)brace is used to specifically treat scoliosis.
 - a) Boston
 - b) Milwaukee
 - c) Iris
 - d) Tennessee

- ii)exercise is given to build strength and stability in the muscles after an injury
 - a) Passive Range of Motion Exercise
 - b) Active range of motion exercise
 - c) Assisted Active Range of Motion Exercise
 - d) None of the Above

- iii)is used as a cryoprobe in Cryotherapy.
 - a) Hydrogen
 - b) Carbon
 - c) Nitrogen
 - d) Oxygen

- iv) Cobb angle can be most effectively reduced among.....
 - a) children
 - b) older adults
 - c) adults
 - d) older adolescents

- v) PNF is used to:
 - a) Increase stability
 - b) Increase stiffness
 - c) Increase the range of motion
 - d) Limit the range of motion

- vi)..... is not a percussion massage
 - a) Beating
 - b) Shaking
 - c) Cupping
 - d) Clapping

vii) Strapping and Taping can be performed on

- a) open wounds
- b) arthritis
- c) bleeding
- d) skin eruptions

viii) Neutral thoracic kyphosis is between.....

- a) 10-30 degree
- b) 20-40degree
- b) 60-80 degree
- d) 10-20degree

ix) Insoles and inserts are used for.....

- a) Genu Valgum
- b) Genu Varum
- c) Pes Planus
- d) None of the Above

x) TENS machine can be used nonstop continuously for a maximum of.....

- a) 60minutes
- b) 30minutes
- c) 45minutes
- d) 15minutes

xi) Marfan's Syndrome causes

- a) Bow legs
- b) Scoliosis
- b) Flat feet
- d) Knock knees

xii) Match List-I with List-II using the codes given below:

List – I

List – II

- I. Geriatric Physiotherapy
 - II. Paediatric Physiotherapy
 - III. Obstetric Physiotherapy
 - IV. Orthopaedic Physiotherapy
- 1. Related to children
 - 2. Related to bones
 - 3. Related to females
 - 4. Related to elderly population

Codes:

I II III IV

- (A) 3 2 1 4
- (B) 1 3 2 4
- (C) 4 1 3 2
- (D) 2 4 1 3