

BACHELOR OF ARTS EXAMINATION, 2023

(2nd Year, 4th Semester)

THERAPEUTIC VALUES OF PHYSICAL ACTIVITIES

PAPER - CBCS/UG/GE/4.9

Time : Two hours

Full Marks : 30

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

1. What is meant by exercise? Write down about the exercise therapy. 2+8
2. What is meant by sports injury? Write down the causes of sports injuries. Write the name of various sports injuries. How to manage the sports injuries? 2+2+2+4
3. What is Recreation? Write down the characteristics of recreation. What are types of recreation? 2+4+4

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

4. Principles of exercise planning.
5. Soft tissue injuries
6. Importance of recreation
7. Rehabilitation