

37002

M.P.Ed. DEGREE EXAMINATION, NOVEMBER 2017.

THIRD SEMESTER

Paper II — SPORTS MEDICINE, ATHLETIC CARE AND REHABILITATION

Time : Three hours

Maximum : 75 marks

(No additional sheet will be supplied)

PART A — (5 × 5 = 25 marks)

Answer any FIVE questions.

Each question carries 5 marks.

All answers should be written at one place continuously.

Each answer should not exceed 2 pages.

1. PRICE.
2. Compression and elevation.
3. Causes of bad posture.
4. Role of friction in physiotherapy.
5. Explain rehabilitation exercise for knee injury.
6. Slapping and Cupping.
7. Discuss on infrared rays.
8. Taping and Bandages.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each question should not exceed 5 pages.

9. Define Sports Medicine explain its importance in games and sports.
Or
10. What is injury explain different types of injuries occurred during games and sports?
11. What is posture explain the causes of bad posture and its treatment?
Or
12. Define Injury Explain different types of common injuries and its treatment in the field of Physical Education.

13. Explain exercise therapy suggest few rehabilitation exercises for spine and strain.

Or

14. Describe PNF Techniques and its principles.

15. Massage as an aid for relaxation explain.

Or

16. What is Massage explain Contra indications of Massage?

17. What is Sports injury explain care and treatment of exposed sports injuries?

Or

18. Explain Electro therapy, Hydro therapy, Wax therapy and their uses.

