

37002

M.P.Ed. DEGREE EXAMINATION, OCTOBER / NOVEMBER 2018.

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 page.

1. Define sports medicine and explain its meaning.
2. Compression and elevation.
3. Causes of bad posture.
4. Knock knees and Bow legs.
5. Gait training and Swiss ball exercises.
6. Psychological effects of Massage.
7. Taping and Bandages.
8. Actino therapy Strapping.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 5 pages.

9. Define therapy and explain the principles of therapeutic exercises.

Or

10. What is injury explain different types of injuries occurred during games and sports.
11. What is posture explain about the Normal curve of Spine and its utility.

Or

12. Define posture explain the different deviations in posture and its treatment.

13. What is meant by rehabilitation exercises? Explain different types of rehabilitation exercises.

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. Explain the aiding techniques for upper extremities.

Or

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

