

37002

M.P.ED. DEGREE EXAMINATION, NOVEMBER 2016.

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.

Each answer should not exceed 2 pages.

1. Meaning and definition of sports medicine.
2. PRICE and PRINCE.
3. Scoliosis and knock knees.
4. Posture test.
5. Gait training.
6. Pressure manipulation.
7. Vibration and shaking.
8. Taping and Bandage.

PART B — (5 × 10 = 50 marks)

Answer ALL questions.

Each question carries 10 marks.

Each answer should not exceed 4 pages.

9. Describe NSAIDS.

Or

10. Define therapy explain the principles of therapeutic exercise.
11. What is posture and explain values of good posture?

Or

12. What are the causes for deviations and explain treatment including exercises?

13. Discuss about the rehabilitation exercises.

Or

14. Discuss the active and passive exercises for rehabilitation.

15. What is massage explain the massage as an aid for relaxation?

Or

16. Discuss about classification contra indications of massage.

17. Explain about care and treatment of exposed and unexposed injuries in sports.

Or

18. Explain the aiding techniques for equipment for upper and lower extremities.

