

M. P. Ed 2nd Semester Examination 2021
Athletic Care & Rehabilitations
MPCC – 203

Full Marks – 70

Time – 3 Hours

The figures in the margin indicate full Marks.

The candidates are required to give their answers in their own words as far as practicable.

Illustrate the answer wherever necessary.

1. Explain the guiding principles of rehabilitation. Discuss the various techniques of rehabilitation programme. **8+7=15**

OR

Discuss about the need and importance of physiotherapy. Discuss the guiding principles of Physiotherapy. **8+7=15**

2. Define isotonic and isometric stretching. Describe about different aspects of tapping. What are the indication and contra-indication of tapping? **2+5+8=15**

OR

Discuss the relative importance of passive, active, assisted and resisted Continuous Passive Movement in rehabilitation process. Discuss about the indication & contraindication of Strapping **10+5=15**

3. Write note on ideal standing posture and value of good posture. Briefly explain regarding objectives of corrective physical education. **8+7=15**

OR

Write down the symptom, causes and treatment with exercise of Kyphosis or Knock Knee. Write in brief about New York poster rating test. **8+7=15**

4. Discuss about the application of Cryotherapy. State physiological and psychological effect of massage. **7+8=15**

5. Write notes on any two of the following: **2 X 5 = 10**

- A. PNF
- B. Penetrated thermotherapy
- C. Superficial thermotherapy
- D. Principles of strapping.