

2021

ATHLETIC CARE AND REHABILITATION

MPCC- 203

Full marks: 70

The figures in the margin indicate full marks.

*Candidates are required to give their answer in their own words
as far as practicable.*

Answer all the questions

1. Briefly discuss the importance of studying Rehabilitation in Physical Education. Explain each type of Rehabilitation Modalities in brief.

7+8

Or,

What is the meaning of Rehabilitation? Discuss the steps of Rehabilitation involved to restore normal functions of an injured athlete.

5+10

2. What do you mean by Tapping? Write down the precautions of Tapping. Briefly explain the principles of rehabilitation programme.

2+5+8

Or,

What is Stretching Exercise? Provide a comparative explanation of Isometric Stretching, Isokinetic Stretching and Isotonic Stretching. What is Continuous Passive Movement?

2+9+4

3. Discuss the procedure of examination of concave curvature of Spine at lumber region. What do you mean by 'posture' and 'postural deviation'? Discuss the values of good posture.

7+(2+2)+4

Or,

Explain the standard of 'standing posture'. Write down the symptoms of Flat foot, Round shoulder and Lordosis. Suggest few exercises that may remove these deformities.

2+(3+3+3)+4

4. Write notes on (any two):

2 x 7.5

- a) Chemical effects of Massage
- b) Electrical Stimulation
- c) Classification of Massage
- d) Needs of Physiotherapy

Please Turn Over

5. Answer the MCQs from below by choosing the correct option and writing the answer on your script (any ten): 10x1

- a) Which of the following is not the contraindication of stretching exercises?
- i) Bony blocks joint motion
 - ii) Muscle soreness
 - iii) Recent fracture
 - iv) Both (i) and (ii)
- b) Read the following statements carefully and choose the correct option given below:
Statement-1: Resisted exercise is a form of active exercise.
Statement-2: Prime movers work against some external resistance in resistance exercise.
Options:
- i) Only statement-1 is correct
 - ii) Only statement-2 is correct
 - iii) Both statements are correct
 - iv) Both statements are false.
- c) Continuous passive movements are used during -
- i) Second phase of rehabilitation
 - ii) First phase of rehabilitation
 - iii) Fourth phase of rehabilitation
 - iv) Third phase of rehabilitation.
- d) Active exercises are done by -
- i) Self
 - ii) With the help of other
 - iii) Both of the above
 - iv) None of the above.
- e) Wax bath is a kind of:
- i) Penetrating thermotherapy
 - ii) Cryo therapy
 - iii) Superficial thermotherapy
 - iv) Mechanical therapy.
- f) Contraindication of Ultra Sound treatment is:
- i) Scar tissue
 - ii) Infection
 - iii) Trigger points
 - iv) Pain.

g) Read the following statements carefully and choose the correct option given below:

Statement-1: PNF stretching approach to therapeutic exercise that combines functionally based movement.

Statement-2: It also approaches to non diagonal patterns of movement.

Options:

- i) Both the statement 1 &2 are true
- ii) Both the statement 1 &2 are false
- iii) Only the statement 1 is true
- iv) Only the statement 2 is true.

h) Immediate treatment provided to an athlete upon a sports injury is:

- i) Penetrating thermotherapy
- ii) Cryo therapy
- iii) Contrast bath
- iv) Whirlpool.

i) Which of the following is not the characteristic of a good posture?

- i) Have sufficient flexibility
- ii) Have good kinesthetic awareness
- iii) Maximum energy expenditure to maintain good alignment
- iv) All the above.

j) 'Tapotment ' technique of massage involves:

- i) Stroking,
- ii) Pounding,
- iii) Kneading,
- iv) Friction.

k) Contraindication to tapping is:

- i) Open wound,
- ii) Allergy to tapping material,
- iii) Circulation compromised in area
- iv) All of the above.

l) Bhujangasana helps to remove:

- i) Kyphotic deformity
 - ii) Scoliotic deformity
 - iii) Lordotic deformity
 - iv) None of the above.
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