

2024

ATHLETIC CARE AND REHABILITATION

Paper : MPCC-203

Full Marks : 70

*The figures in the margin indicate full marks.*

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

1. What do you mean by 'Rehabilitation'? Discuss the steps of rehabilitation programme to restore the normal functioning of an injured athlete. 5+10

*Or,*

Discuss the importance of rehabilitation in the field of sports and physical education. Write the principles that should be kept in mind during rehabilitation programme. 7+8

2. What is isokinetic stretching exercise? Write four major characteristics of PNF exercise. What are the indications and contraindications of tapping? 5+4+6

*Or,*

Differentiate between isometric and isotonic exercises. Briefly describe the use of different types of tape used in injury management. 8+7

3. What do you mean by Corrective Physical Education? What is Scoliosis and Kyphosis? How will you identify a good Posture? 4+(3+3)+5

*Or,*

Describe the measurement procedure of scoliotic spine. What are bowleg and knock-knee? Write the exercises that should be recommended to remove these deformities. 5+6+4

4. Write notes on *any two* of the following : 7½×2

- (a) Diathermy
- (b) TENS
- (c) Physiological and psychological effects of massage
- (d) Ultrasound therapy.

5. Write down the selected correct answer on your answer script (*any ten*) : 1×10

- (a) Therapeutic frequency of SWD is
  - (i) 27.12 KHz
  - (ii) 27.12 MHz
  - (iii) 27.12 GHz
  - (iv) None of these.

Please Turn Over

- (b) Which agents may be used in physiotherapy?
- (i) Water
  - (ii) Light
  - (iii) Electricity
  - (iv) All these.
- (c) PNF stands for
- (i) Proprioceptive Neuro-muscular Facilitation
  - (ii) Passive Neuro-muscular Facilitation
  - (iii) Proprioceptive Nerve muscle Facility
  - (iv) None of the above.
- (d) Continuous Passive Movements
- (i) increase joint range of motion and reduce the joint stiffness.
  - (ii) increase joint range of motion but did not reduce the joint stiffness.
  - (iii) reduce the joint range of motion and reduce the joint stiffness.
  - (iv) None of the above.
- (e) Massage therapy is said to have originated from which of the following civilizations?
- (i) Chinese
  - (ii) Indian
  - (iii) Greek
  - (iv) Japanese.
- (f) Padahastasan helps to remove
- (i) Kyphotic deformity
  - (ii) Scoliotic deformity
  - (iii) Lordotic deformity
  - (iv) None of these.
- (g) 'Tapotment' technique of massage involves
- (i) Stroking
  - (ii) Pounding
  - (iii) Kneading
  - (iv) Friction.
- (h) Wax bath is a kind of
- (i) Penetrating thermotherapy
  - (ii) Cryo therapy
  - (iii) Superficial thermotherapy
  - (iv) Mechanical therapy.
- (i) Passive exercises are done by
- (i) Self
  - (ii) With the help of therapist
  - (iii) With the help of therapeutic machine
  - (iv) Both (ii) and (iii).

- (j) Which modality will be the best choice for thermal effects in deep tissue?
- (i) Short wave diathermy
  - (ii) Cryostretching
  - (iii) Contrast bath
  - (iv) Interferential therapy.
- (k) Rehabilitation programme should be started
- (i) immediately after an accident.
  - (ii) after a certain cure of injury .
  - (iii) before doctor comes.
  - (iv) None of the above.
- (l) Which of the following is not a contraindication of stretching exercises?
- (i) Bony blocks joint motion
  - (ii) Muscle soreness
  - (iii) Recent fracture
  - (iv) Both (i) and (ii).
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