



QP CODE: 24800613



24800613

Reg No :

Name :

M.P.E.S DEGREE EXAMINATION, JANUARY 2024

Fourth Semester

MASTER OF PHYSICAL EDUCATION AND SPORTS

Elective - PE800403 - ATHLETIC CARE AND REHABILITATION

2020 Admission Onwards

5FF9187F

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

*Answer any **eight** questions.*

Weight 1 each.

1. List down the benefits of corrective physical education
2. State body mechanics
3. Define Kyphosis
4. What are the treatment for Text Neck?
5. List down Type of Rehabilitation
6. What are the benefits of stretching?
7. List down the need and importantce of massage
8. List down any four massage techniques.
9. Discuss cryostretch and whirlpool baths.
10. State spiral bandaging

(8×1=8 weightage)

Part B (Short Essay/Problems)

*Answer any **six** questions.*

Weight 2 each.

11. Define Gait Analysis
12. Define posture and explain the benefits of good posture
13. Define Rehabilitation and explain its importance





14. State the principles of Rehabilitation exercises
15. Explain the principles of massage
16. Discuss the psychological and chemical responses to massage.
17. What are the treatment procedure for muscle and ligament injuries?
18. Discuss strapping techniques.

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Distinguish Between Spin and Gait Analysis
20. Explain lower Extremity deformities in posture
21. Explain the PNF Techniques and Principles
22. Classify massage. Explain the indications and contra indications of massage.

(2×5=10 weightage)

