

Roll No.

(07/22-II)

9811

D.P.Ed. (Part II) EXAMINATION

(For Batch 2015 & Onwards)

(Fourth Semester)

SPORTS INJURIES AND REHABILITATION

Paper XIII

Time : Three Hours

Maximum Marks : 80

Note : Attempt *five* questions in all. Q. No. 1 (2×10=20) is compulsory. Attempt *four* questions by selecting (15×4=60) *one* question from each Unit.

1. Write short answer to the following :

- (a) Explain Sports Injuries.
- (b) Write down about the Therapeutic Exercises.
- (c) Define Physiotherapy.

- (d) Explain sports medicine.
- (e) Difference between Hard tissue and Soft tissue.
- (f) What is Upper Limb in sports medicine ?
- (g) Explain massage.
- (h) What is isokinetic ?
- (i) Write down about neuromuscular.
- (j) Explain Spinal Injuries.

Unit I

- 2. Write down the concept, scope and importance of sports medicine in Physical Education and Sports. <https://www.cdluonline.com>
- 3. What are the principles of injury management with special reference to nerve injuries ?

Unit II

- 4. Define the techniques and advantages of athletic massage.

5. Write down the treatment of the back disorder.

Unit III

6. Write the rehabilitation program and types of exercise.
7. Write down the neuromuscular facilitation programme or hip joint.

Unit IV

8. Write down the difference between physiotherapy and therapeutic exercise.
9. Which type of first aid be given to heat stroke and drowning ?