

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2022**

M.P.Ed.

MP CC 403—ATHLETIC CARE AND REHABILITATION

(2020 Admissions)

Time : Three Hours

Maximum : 70 Marks

**Part A***Answer any three questions.*

1. Discuss the principles and techniques of strapping and bandages.
2. Explain the drawbacks and causes of bad posture.
3. Explain the treatment modalities for deviation in posture.
4. Differentiate assisted and resisted exercises used for rehabilitation.
5. Explain the principles pertaining to prevention of sports injuries.
6. Discuss the objectives of corrective physical education.

(3 × 15 = 45 marks)

**Part B***Answer any three questions.*

7. Discuss the cause and treatment for Kyphosis and Lordosis.
8. Explain the principles of PNF stretching.
9. Discuss the factors to be considered while giving massage.
10. Discuss the principles of cold and heat therapy.
11. Explain shortwave diathermy and its uses.

(3 × 5 = 15 marks)

**Part C**

*Answer any five questions.*

12. A strain is an injury to \_\_\_\_\_.
13. Abbreviation of RICE.
14. Define massage.
15. Define Soliosis
16. What is meant by round shoulders ?
17. Define posture.
18. What is meant by flat foot ?
19. What is meant by Percussion Manupulation ?

(5 × 2 = 10 marks)

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**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2022**

M.P.Ed.

MP CC 402—PHYSICAL FITNESS AND WELLNESS

(2020 Admissions)

Time : Three Hours

Maximum : 70 Marks

**Part A**

*Answer any three questions.  
Each question carries 15 marks.*

1. Explain the principles of sports training.
2. Explain the fitness program for pregnant women.
3. Explain the method of assessing cardio respiratory fitness.
4. Explain the management of health and fitness marketing.
5. Explain the FITT principle.
6. Explain the guidelines to be followed in establishing and maintaining a fitness center.

(3 × 15 = 45 marks)

**Part B**

*Answer any three questions.  
Each question carries 5 marks.*

7. (a) How is the 1RM for a particular exercise assessed.  
(b) Explain Graded Exercise Testing (GXT).  
(c) Explain the exercise prescription for people with hypertension.  
(d) Explain the precautions to be taken while giving training to children.  
(e) What are the objectives for assuring the components of fitness ?

(3 × 5 = 15 marks)

## Part C

*Answer any five questions.*

*Each question carries 2 marks.*

8. (a) What is meant by PRPF ?
- (b) Ability to overcome resistance with speed is explosive strength.—True/False.
- (c) When the BMI is above  $35 \text{ kg/m}^2$  the condition is known as \_\_\_\_\_ ?
- (d) The normal value of blood pressure is 120/80—True/False
- (e) Define cardio respiratory fitness.
- (f) Define Health.
- (g) Name the disease associated with excessive thirst and urinations.
- (h) Health and fitness are related to each other.—True/False.

(5 × 2 = 10 marks)

**FOURTH SEMESTER M.P.Ed. DEGREE EXAMINATION, APRIL 2022**

M.P.Ed.

MP CC 401—SPORTS MANAGEMENT

(2020 Admissions)

Time : Three Hours

Maximum : 70 Marks

**Part A**

*Answer any three questions.*

1. Explain the management guidelines for school sports program.
2. Explain the relationship between public relation and the media.
3. Discuss the importance of research in curriculum development.
4. Explain the role of personal management in an organization.
5. Discuss the factors affecting curriculum.
6. Explain community based physical education program.

(3 × 15 = 45 marks)

**Part B**

*Answer any three questions.*

7. Discuss the methods of integrating physical education with other sports science disciplines while designing a curriculum.
8. Explain the guidelines for care and maintenance of supplies and equipments.
9. Discuss the different approaches to curriculum.
10. Explain the objectives of personal management.
11. Explain the role of internet and social media in curriculum development.

(3 × 5 = 15 marks)

**Part C**

*Answer any five questions.*

12. Define Personal Management.
13. What is meant by a stock register ?
14. What is a equipment log book ?
15. Define Curriculum.
16. What are journals ?
17. What are the components of an equipment room ?
18. Define Public relation.
19. Define Social media.

(5 × 2 = 10 marks)