

17BP41

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Name:.....

Reg. No.....

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2021

(Regular/Supplementary/Improvement)

BPE4 T17 – CORRECTIVE PHYSICAL EDUCATION

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

I. Answer any *one* of the following:

1. Define massage? Explain classifications and physiological effects of massage.

Or

2. Define exercise and therapeutic exercise? Explain different therapeutic exercise.

(1 × 15 = 15 Marks)

II. Explain the following:

1. Corrective physical education.

2. Hydrotherapy.

3. New York poster rating test.

(3 × 5 = 15 Marks)

III. Write short notes on:

1. Knock knee.

2. Bow leg.

3. Flat foot.

(3 × 5 = 15 Marks)

IV. State true or false:

1. Scoliosis is an exaggerated lateral curvature of spine.

2. Reflex movement is involuntary.

3. Massage help to maintain fluid balance.

4. Assisted exercise is the movement performed without any help.

5. Ectomorph are athletic type.

(5 × 1 = 5 Marks)

V. Fill in the blanks:

1. ----- is an abnormal increase in the flexion of the spine.

2. Genu Valgum is also known as -----

3. ----- is the condition in which the inner curve of the foot has bulge than normal.

4. Percussion manipulation is also called -----

5. ----- is the movement controlled by voluntary action of the muscle.

(5 × 1 = 5 Marks)

VI. Answer in one word:

1. A person who participates in sports as an amateur or as a professional.
2. The technique of using circular movement that goes deep into the muscle.
3. Classification of human body based on size and shape.
4. Therapeutic method using hot and cold water alternatively.
5. Massage technique using light pinch gliding along the skin surface.
6. A contraction where the muscle shortens in length.
7. Movement performed in water for rehabilitation.
8. When a body required minimum muscular effort while rest or in sleep.
9. Movement performed with an external.
10. Massage technique using smooth gliding strokes used to relax soft tissues.

(10 × 1 = 10 Marks)

VII. Match the following:

- | | |
|--------------------|----------------------------|
| 1. Cryotherapy | a. Round back |
| 2. Friction | b. Flat foot |
| 3. Iso kinetic | c. Involuntary |
| 4. Kyphosis | d. Increase flexibility |
| 5. Wide knee | e. Deep circular movements |
| 6. Skipping a rope | f. Constant tension |
| 7. Tapotement | g. Ice |
| 8. Good posture | h. Swedish massage |
| 9. Somato type | i. Bow leg |
| 10. Reflex | j. Body types |

(10 × 1 = 10 Marks)
