

20BP41

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Name:

Reg. No:

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2024

(Regular/Supplementary/Improvement)

CC15U BPE4 T17 / CC19U BPE4 T17 – CORRECTIVE PHYSICAL EDUCATION

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

I. Answer any *one* of the following:

1. Define massage manipulation. Explain classification and effects of massage manipulation.

Or

2. Define aqua therapy. Explain benefits of aqua therapy.

(1 × 15 = 15 Marks)

II. Write short notes on:

3. Disadvantages of bad posture.
4. General principles of massage.
5. New York posture rating test.

(3 × 5 = 15 Marks)

III. Explain the following:

6. Therapeutic movements.
7. Postural deformity.
8. Active and passive movements.

(3 × 5 = 15 Marks)

IV. Fill in the blanks:

9. Patient himself move the joint in one direction and later in the other is _____ movement.
10. _____ consist of superficial stroking toward the body or heart.
11. _____ is the increase in the normal convexity of the thoracic region of the spine
12. Kyphosis is also called _____
13. _____ consist of kneading, wrinkling, lifting or pressing.

(5 × 1 = 5 Marks)

V. State true or false:

14. Range of motion exercise is the most basic form of exercise indicated in all phase of rehabilitation.

15. One of the most important goals of sports massage is to assist the athlete in achieving and maintaining peak performance.
16. Lordosis is a postural deformity in which the shoulder become round.
17. Rehabilitation is the restoration of normal form and function after injury.
18. In isometric movements muscle stretches while contracting.

(5 × 1 = 5 Marks)

VI. Answer in one word:

19. Sideways curvature of the spine is _____
20. Any activity performed in water to assist in rehabilitation.
21. Body types with long lean and little body fat.
22. _____ helps in stretching the restricted muscle tendon.
23. Type of massage is also called gliding.
24. Dhanurasana is good for correcting _____
25. Out ward curvature of the knee is known as.
26. Pressure manipulation technique is known as _____
27. Genu valgum is also known as _____
28. Body structure is more rectangular or boxy and athletic is _____

(10 × 1 = 10 Marks)

VII. Match the following:

- | | | |
|-----------------------|---|------------------------|
| 29. Standing | - | Shortening |
| 30. Knock knee | - | Lengthening |
| 31. Foot print | - | Hydrotherapy |
| 32. Cryotherapy | - | Tapotement |
| 33. Stroking | - | Effleurage |
| 34. Percussion | - | Ice therapy |
| 35. Whirl pool | - | Contraction of muscles |
| 36. Eccentric | - | External force |
| 37. Active movements | - | Vitamin D |
| 38. Passive movements | - | Fundamental position |

(10 × 1 = 10 Marks)
