

**19BP41**

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Name: .....

Reg. No: .....

**FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2023**

(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. Explain the various causes of postural deviation.

Or

2. Explain the classification of Massage manipulation and their therapeutic uses.

**(1 × 15 = 15 Marks)**

II. Write short notes on:

3. Classification of therapeutic movements.

4. Physiological effects of active and passive movements.

5. Importance of Relaxation.

**(3 × 5 = 15 Marks)**

III. Explain the following:

6. Bow Legs

7. Knock Knee

8. Flat Foot

**(3 × 5 = 15 Marks)**

IV. Fill in the blanks:

9. .... is the inward curvature of the spine or a deformity of spinal curvature. It is an increased forward curve in the lumbar region.

10. .... is a deformity of the spinal curvature in which there is an increase of exaggeration of a backward curve or a decrease of a forward curve.

11. .... is a postural deformity of spinal curvature in which there is one large lateral curve extending through the whole length of the spine, or there may be two curves.

12. .... is a postural deformity in which the shoulders are drawn forward, the head is extended with the chin pointing forward?

13. .... is a postural deformity in which both the knees touch or overlap each other in normal standing position?

**(5 × 1 = 5 Marks)**

V. State True or False:

14. Flat Foot- It is a deformity of the feet. In this deformity/there is no arch in the foot and the foot is completely flat.

15. Kyphosis- It is a deformity of the spinal curvature in which there is an increase or exaggeration of a backward curve.
16. Bow Legs- It is a deformity opposite to knock knee, in fact, if there is a wide gap between the knees, the deformity can be observed easily when an individual walks or runs.
17. Ectomorphs have lots of body fat, lots of muscle.
18. Isotonic contractions keep the length of the muscle same.

**(5 × 1 = 5 Marks)**

VI. Answer in one word:

19. Therapy that plays an important role in recovering from the injury .....
20. Therapy that stimulates circulation and the nervous systems response? .....
21. Massage technique with a light pinch gliding along the skins surface is known as .....
22. Massage increases the temperature of skin by .....
23. Movement which is executed by the athlete without assistance is known as .....
24. Preliminary stretching of movement improves ..... reflex.
25. Joint mobility is increased by .....
26. A steady and prolonged passive stretch overcome the resistance of shortened .....
27. Exaggeration or increase in the amount of the normal convexity of the thoracic region of spine is called .....
28. Range of movement at a joint is known as .....

**(10 × 1 = 10 Marks)**

VII. Match the following:

- |                      |   |                   |
|----------------------|---|-------------------|
| 29. Endomorph        | - | Athletic body     |
| 30. Active Movements | - | Fat Body Type     |
| 31. Mesomorph        | - | Lean Body Mass    |
| 32. Flat Foot        | - | Sideward bending  |
| 33. W.H. Sheldon     | - | Rehabilitation    |
| 34. Knock Knee       | - | Rolling           |
| 35. Physiotherapy    | - | Pedograph         |
| 36. Massage          | - | Somatotype        |
| 37. Ectomorph        | - | Resisted Exercise |
| 38. Scoliosis        | - | Rickets           |

**(10 × 1 = 10 Marks)**

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