

**21BP41**

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Name: .....

Reg. No: .....

**FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2025**

(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 Corrective Physical Education and briefly explain its Objectives.

Or

2. Elucidate the types of postural deformities and Explain corrective measures for any three postural deviations.

**(1 × 15 = 15 Marks)**

II. Write short notes on:

3. Physiological effects of Massage.

4. Benefits of Aqua Therapy.

5. Disadvantages of Bad Posture.

**(3 × 5 = 15 Marks)**

III. Explain the following:

6. Classification of Massage Manipulations.

7. Characteristics of Body Types.

8. Progressive Resistive Exercises.

**(3 × 5 = 15 Marks)**

IV. Fill in the blanks:

9. .... is a massage technique that applies deep pressure to the underlying muscles.

10. Lateral curvature of the spine is known as .....

11. .... type of movement doesn't require effort from the patient.

12. Alignment of the body in space is called .....

13. The term effleurage means .....

**(5 × 1 = 5 Marks)**

V. State True or False:

14. Crunches is an example of isometric exercise.

15. Movement which are produced by external force during muscular activity is known as active movement.

16. Ectomorph describes a body type that is tall and slim with low muscle mass.

17. Stroking are unidirectional manipulations in which operators hand pass from proximal to distal.
18. Kyphosis is an abnormally excessive convex curvature of the spine as it occurs in the thoracic and sacral regions.

**(5 × 1 = 5 Marks)**

VI. Answer in one word:

19. Pedograph is used to measure .....
20. Therapy performed in water to assist rehabilitation is known as .....
21. Gradual loss of muscle usually because of disease or lack of use is known as .....
22. A massage technique that involves long, gliding strokes to relax and warm up muscles is known as .....
23. Beating is a massage technique that involves rapidly striking the body with .....
24. Which tapotement technique uses the ulnar edge of the hands.
25. Which active movement is performed without resistance?
26. Which contraction maintains a constant speed.
27. Tool used to check posture symmetry.
28. Condition causes excessive knee extension.

**(10 × 1 = 10 Marks)**

VII. Match the following:

- |                           |   |                   |
|---------------------------|---|-------------------|
| 29. Hacking               | - | Symmetry          |
| 30. Effleurage            | - | Alignment         |
| 31. Kneading              | - | Tapotement        |
| 32. Pedograph             | - | Balance           |
| 33. Vibration             | - | Body Types        |
| 34. Lying                 | - | Stroking          |
| 35. Standing              | - | Weight Bearing    |
| 36. Posture Grid          | - | Pressure          |
| 37. New York posture test | - | Shaking           |
| 38. Somatotype            | - | Foot Impressions. |

**(10 × 1 = 10 Marks)**

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