

OPJS UNIVERSITY, CHURU, RAJASTHAN

## **BPED (IV SEM) EXAMINATION**

**Paper IV**

**PAPER CODE- BPEd-404**

### **SPORTS MEDICINE AND REHABILITATION**

**Time: 1.30 Hrs**

**b';XC,g'**

**f.vcxMaximum Marks- 70**



- First question are compulsory.
- Any five question.

**Q-1.**Write short note on the following: - (10)

- (a) Rehabilitation
- (b) First Aid
- (c) Fracture
- (d) Massage
- (e) Strain

**Q-2.**What do you mean by sports medicine? Explain the importance of sports medicine in physical education and sports. (10)

**Q-3.** Describe in detail the aims and objective of sports medicine in field of physical education and sports. (10)

**Q-4.**What are the sports injuries? Explain the type of soft tissues injuries with classification of sports injuries. (10)

**Q-5.**Explain the advantage, disadvantage and technique of infra rad rays and ultra violet rays. (10)

**Q-6.** Explain the any two hydrotherapies. (10)

**Q-7.**What is massage? Explain the classification of massage. (10)

