

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER – III – 2021**

**Paper: MPE-0905
Athlete's Care and Rehabilitation**

Time: (3 hrs + 1 hr*)

Maximum Marks: 50

***For Downloading of QP, Scanning answer sheet and uploading it.**

Note: Attempt any FOUR questions. All questions carry equal marks.

Q.1 Discuss on aim, objectives and scope of athlete's care and rehabilitation(ACR) and sports medicine(SM).

Q.2 Discuss on causes/reasons of sports injuries and prevention of sports injuries.

Q.3 Explain the concept of biological, chronological age and age determination.

Q.4 Discuss on physical, physiological, bio-chemical and bio-mechanical difference between men and women.

Q.5 Discuss on Training in different temperature and altitude (high & low pressure).

Q.6 Write a note on meaning, definition and classification benefits of ergogenic aids.