Paper Code - 8203

B.P.Ed Semester-IV
Mar-June -2021
Sports injuries, Physiotherapy and Rehabilitation (Theory)

કુલ સમય :– ૬૦ મીનીટ કુલ પ્રશ્નો : ૫૦ વિદ્યાર્થીએ ટીક કરવાના પ્રશ્નો : ૩૫

નોંધ : વિદ્યાર્થીએ માત્ર ૩૫ પ્રશ્નો જ ટીક કરવાના રહેશે. જો વધારે ટીક કરેલ હશે તો પ્રથમ ૩૫ પ્રશ્નો જ ગણતરીમાં લેવામાં આવશે.

1. In Which injury contras bath is advised ?
   A. to relieve pain in joint dislocation B. to reduce inflammation
   C. to treat a wound D. None of the above
2. The study of muscles is known as ……..
   A. Mycology B. Ostriology C. Neurology D. Enthrology
3. Systematic blood circulation provide blood in all part of the body, except…….
   A. Brain B. Abdomen C. Lungs D. Kidney
4. Which element of food is essential to repair wound ?
   A. Protein B. carbohydrates C. Minerals D. Fat
5. Where is Glycog stored in human body ?
   A. Abdomen B. Lever C. Bladder D. Pancreas
6. Now many total muscles are in human body ?
   A. 639 B. 510 C. 204 D. 517
7. Cry therapy is used as first aid in ……
   A. Dissociation of bones B. sprain C. abrasion D. None of the above
8. Which is the effective and sudden solution to prevent blood-haemorrhage ?
   A. Direct compression on wound B. Cry therapy
   C. Water therapy D. all of the above
9. Why diuretic is used ?
   A. To increase production of urine B. To decrease the production of urine
   C. To develop mass of tissues D. To gain a waight
10. With what metabolism is connected ?
    A. Circulatory system B. Digestive system C. Respiratory system D. Nervous System
11. Which acid is produced in body after exercise ?
    A. Nitric Acid B. Lactic Acid C. Marti Acid D. Fatty Acid
12. Who is controlling voluntary muscles in human body ?
    A. Brain B. Muscles C. Blood D. None of the above
13. How is long term injuries are remedied in sports ?
    A. Diathermy B. ultraviolet rays C. Contras bath D. sunbath
14. What will be the ideal time of sunbath in beginning ?
    A. 1-2 Hours B. 6-8 Minutes C. 15-30 Minutes D. 5-10 Minutes
15. Which training is useful in rehabilitation of sports injuries ?
    A. Corrective exercise B. Hydrotherapy C. Sunbath D. None of the above
16. The study of Muscles is known as ……..
    A. Ostriology B. Ethnology C. Myalogy D. Neurology
17. The injury of sprain is known as ……..
    A. Muscles injury B. Brain injury C. Ligament injury D. Skin injury
18. To whom the anabolic steroid is effect directly ?
    A. Muscles B. Brain C. Bones D. lever
19. An injury of Tennis elbow mostly happens in which game ?
    A. Javelion Throw B. Tennis C. Basketball D. Table Tennis
20. What is studied by sports medice for players ?
    A. Physical problems of players B. Social condition of players
    C. Economical condition of players D. None of the above
21. What is the main function of carbohydrates in human body ?
    A. Formation of body B. Development of tissues C. Composite blood D. Energy
22. Which element is necessary in composition of bones ?
    A. Fat B. Carbohydrates C. Minerals D. Vitamin
23. Which element is important to generate new cell of tissue ?
    A. Protein B. Vitamin C. Minerals D. Water
24. Which treatment is given at the time of sprain injury ?
    A. Hydrotherapy B. ice therapy C. Heat therapy D. None of the above

25. What happens when jogging is being done at same place ?
A. Muscles are developed
B. Some muscles becomes weak
C. Except back muscles of knee, others are strongthen
D. Muscles becomes more weaker

26. Which is “Yogic” Exercise ?
A. Dynamic Excrcise B. Static stretching C. A & B both D. None of the above

27. Which is the supported unit of tissues from following ?
A. Fat B. Cell C. Myofibril D. A & B both

28. What is the reason of green stick fracture ?
A. Lake of strength B. Excess compression of muscles
C. lake of development of bones D. old age

29. Who is the base of the biology of life ?
A. Muscles B. Bones C. Cell D. Tissue

30. Why anabolic are used ?
A. To gain a weight B. To worm-up a mood of player
C. To clam the mind of player D. All the above

31. Which medicine is used to clam the mind of player ?
A. Anabolic B. Analytics C. Tranquilisers D. None of the above

32. What is the scientific name of calf muscles ?
A. Hamstring B. Quadriceps C. Sartorius muscles D. Gastronomies

33. Due to heavy exercise, When tissues are injured, when the exercise shout re-start ?
A. 12 hours B. 48 hours C. 24 hours D. 36 hours

34. Which of the following element is not in blood ?
A. Plasma B. Red blood cell C. white blood cell D. Glycogen

35. Which is the type of stroking massage method ?
A. percution B. Vibration C. Friction D. Stroking

36. What is known as a exterior rotation of toes ?
A. Reverse B. Uplifting C. Sentiment Contraction D. None of the above

37. Which is not a type pressure massage from following ?
A. Percution B. Kneading C. Petri sage D. Friction

38. Which type of massage should not be given if a swelling on hand or foot ?
A. Vibration B. stroking C. percution D. None of the above

39. what is the time period of Mesocycle ?
A. 4 to 6 month B. 5 to 10 days C. 4 to 6 weak D. 1 to 2 years

40. The temperature of blood is raised by worming up and as a result muscles give excess exhibition, who said this sentence ?
A. Heal B. Devris C. bloom D. ways on

41. Which is known as minimum time training cycle in sports ?
A. Micro cycle B. Mecrocycle C. Mejo cycle D. None of the above

42. What is helpful to rehabilitate from sports injuries ?
A. Corrective exercise B. Water therapy C. Criotherapy D. running jumping

43. Which injury is more serious from the following ?
A. Sprain B. Compression C. Friction D. A and B both

44. Where the transformation oxygen is occurs ?
A. Lungs B. Muscles C. Heart D. Lever

45. Where is diathermy and ultrasound is used ?
A. Criotherapy B. Thermotherapy C. Electro therapy D. None of the above

46. From which language a word massage is taken ?
A. Greek B. Latin C. French D. None of the above

47. What is done for the comfort of muscles before starting exercise and sports ?
A. Warming-up B. Mental adaptation C. Limbering down D. None of the above

48. By whom the contraction of elbow is done ?
A. Bisexual muscle B. Triserual mascle C. A & B both D. None of the above

49. After sprain the use of ice is advised ……..
A. True B. False C. Partial True D. Partial False

50. By what long-term injuries are treated ?
A. X-ray B. Ultraviolet rays C. Infrared rays D. Ultra sound