

Final Year - MPT - (PT in Speciality Area -
Sports) - (Back) - (AB : 2022-23)

2024

Full Marks - 100

Time - As in the Programme

The question are of equal marks.

Answer any THREE questions

1. Expected sports injuries in throwing.
2. Training for weight lifting VS marathon running.
3. Improtance of nutritin and relaxation for a sports man.
4. Describe briefly. (Answer any THREE)
 - (a) Rehabilitation of sports related spine injuries.
 - (b) Weight training
 - (c) Regulations related to Para Olympics
 - (d) Preventing injury in a foot baller.



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