

OPJS UNIVERSITY,CHURU

B.P. ED. PATR II EXAMINATION

Sem-III (Paper-I)

SPORTS TRAINING

B.P.ED.-301

Time: 1.30 hrs

Max Marks:-80

Note:- All questions carry equal marks 20 only. Attempt any four questions.

1. Explain the history of sports medicine? What is the importance of medicine in sports?
2. What do you mean by thermotherapy and electrotherapy?
3. What is exercise Physiology? Explain its role in scientific coaching and training?
4. Explain the definition and procedures of Cryo-therapy and Hydrotherapy?
5. What are the effects of exercise on Muscular system?
6. Explain the effects of long term and short term exercise?
7. Explain about the cardiac output during the exercise and stroke volume during exercise?
8. Explain the relation between the exercise and temperature regulation in cold climate?