

- ૪ આંતરરાષ્ટ્રીય ઓલિમ્પિક સમિતિ (I.O.C.) દ્વારા પ્રતિબંધિત દવાઓ વિષે સવિસ્તર ચર્ચા કરો. ૧૪

અથવા

- ૪ મસાજની વ્યાખ્યા આપો અને મસાજના પ્રકાર તથા અસરો વર્ણવો. ૧૪
- ૫ ટૂંકનોંધ લખો : (ગમે તે બે) ૧૪
- (૧) શારીરિક ક્ષમતાને અસર કરતાં પરિબળો
- (૨) આરોગ્ય અને ખેલાડી - ચર્ચા કરો.
- (૩) કન્ડીશનિંગના સિદ્ધાંતો
- (૪) વોલીબોલની ઈજાઓ.

ENGLISH VERSION

- Instructions :** (1) As per the instruction no. 1 of page no. 1.
(2) There are five questions in this question paper.
(3) Write answer to all questions.
(4) All questions carry equal marks.

- 1 Define sports medicine and describe its development and scope. 14

OR

- 1 Describe the common injuries during sports and write their sign, symptoms and treatment. 14
- 2 How will find out deformities in human body ? Describe reasons, signs, symptoms and treatment of kyphosis. 14

OR

- 2 What is warming up exercises and explain its principles in detail. 14

3 How will prevent injuries during sports ? Elaborate the principles of prevention of injuries. **14**

OR

3 What is fracture ? Describe types, reasons, signs and symptoms of fracture. **14**

4 Explain in detail about drugs banned by International Olympic Committee. **14**

OR

4 Define massage and describe its types and effects. **14**

5 Write short notes : (any **two**) **14**

(i) Factors effecting to physical fitness.

(ii) Health and sportman - Discuss.

(iii) Principles of conditioning.

(iv) Injuries of volleyball.
