



## FAQs

### **Q1. What is mean by corrective physical education?**

Ans: Corrective physical education is regarded as a specialized branch of physical education which has to deal with the correction of physical or bodily defects through activities and exercises. Corrective physical education is a scientific application of specific body movements for development and restoring normal strength and functions of the affected body parts.

### **Q2. Write any two objectives of corrective physical education?**

Ans: Two objectives of corrective physical education are

- 1) Corrective physical education aims to construct normal body as well as reconstruction of which are affected.
- 2) It helps to develop and maintain a perfect, efficient and beautiful body.

### **Q3. Enlist any three scopes of corrective physical education?**

Ans: Three scopes of corrective physical education are:

- Assuring normal growth and development of all the children.
- Application of conditioning exercises and activities for low physical fitness.
- Postural training for perfect balance, education about proper body mechanics, prevention and correction of postural deviations when developed.

### **Q4. Write short note on vocational rehabilitation.**

Ans: Vocational Rehabilitation: one of the very important roles of rehabilitation program is to make an injured person or sick person to be able to earn his living so that he is not dependent on the society. Therapist should ensure that unaffected and affected body can be used in certain job or occupation. Keeping this in mind the required vocational training can be given to the injured person. This will also help in physical and psychological restoration of an injured person.

### **Q5. Mention some main types of disabilities.**

Ans: Some of main types of disabilities are as follows:

- Physical disabilities
- Social disabilities
- Mental disabilities
- Visual disabilities
- Speech disabilities
- Hearing disabilities

**Q6. Which conditions would require rehabilitation?**

**ANS:** There are numbers of medical surgical, cardio- respiratory, orthopaedic conditions which would require rehabilitation. These conditions affect one or other component of the physical and psychological functioning of the individual.

**Q7. Explain the importance of physiotherapy.**

**ANS:** It used physical means such as light, heat, cold and exercise to treat disease or injury. Physiotherapy is used to prevent relieve correct condition that interfere with a person physical ability to normally function. A physiotherapy is administered by professional called physiotherapist. Physiotherapy is helpful in treating diseases and disability. It is often used in treating heart and lungs diseases and various type of paralysis and muscle weakness. It is also important in imputation, fractures and other injury and other orthopaedic condition.

**Q8. Write the scope of rehabilitation.**

**Ans:** Scope of rehabilitation is very wide. In fact, it is as wide as the scope of corrective physical education, where there is injury or sickness, there has to be rehabilitation.

- 1) Occupational therapy
- 2) Physiotherapy
- 3) Speech therapy
- 4) Vocational guidance
- 5) Social rehabilitation

**Q9. What are principles of rehabilitation?**

**Ans:** PRINCIPLES OF REHABILITATION:

- To keep the morphysiological and functional adaptation.
- To regain physical fitness.
- To avoid atrophy of the injured site by exercises with the non- injured site arms or legs.
- To avoid uncontrolled physical exercises of sportsmen on account of pleasure in physical exercises.
- To guarantee a high level of physical fitness and make a sportsmen ready for systematic training.

**Q10. What do you meant by rehabilitation?**

**Ans:** Rehabilitation is the restoration of normal form and function after injury. Rehabilitation in sports means recovery of injured or ill sports men upto fitness (physical fitness) for training and competition by specialized, coaches, physical fitness experts, physiotherapist, sports medicine personnel and medical doctors of sports medicine.