

AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN

Continuous Internal Assessment Test II – October 2018

15BPDE3A DSE-III Sports Medicine Physiotherapy and Rehabilitation

Class: II BPED

Time: 2 hours

Semester : I

Max.marks: 60

Part – A

Choose the correct answer

5X1=5

1. Electromyography is the recording electrical changes occurring in the muscles during
  - a) sleep
  - b) Rest
  - c) arousal
  - d) contraction
2. The largest problem with muscle pulls is that they tend to come back usually as a result of
  - a)Repeated activity stress
  - b) Continued muscle disuse
  - c) Inadequate rehabilitation
  - d) De conditioning
3. The kind of massage, which involves gliding motion over the skin without any attempt to move deep muscle is
  - a)Effleurage
  - b) Friction
  - c) Rubbing
  - d) vibration
4. To a sprained ankle, donot apply an ice pack for more than
  - a)5-10 minutes
  - b) 10-15 minutes
  - c)15-20 minutes
  - d) 20-30 minutes
5. Where in the human body are the free oxygen, hydrogen and nitrogen found?
  - a) Liver and pancreas
  - b) Blood and intestines
  - c) Lungs and Trachea
  - d) Stomach sintestines

Part – B

Answer the following in few sentences

5x2=10

6. What is meant by thermotherapy?
7. Define massage
8. Define therapeutic exercise
9. What is meant by electrotherapy?
10. Explain stretching exercise

Part - C

Answer the following in 400 words/ one page

3x5=15

- 11 a Write about the techniques of Cryotherapy  
(or)
- 11 b Explain about ultra sonic therapy
- 12 a. Describe about the classification of massage (or)  
(Or)
- 12 b. Enumerate the principles of therapeutic exercise
- 13 a. Enumerate the different types of muscular contraction  
(or)
- 13 b Write about few exercises for trunk, head, neck exercise

Part - D

Answer the following

Answer should not exceed 800 words or four page

2X15=30

14. a. Enumerate in detail about the thermotherapy  
(or)
- b. Write about the physiological effects of massage
- 15 a. Describe in detail about the classification effects and uses of therapeutic exercises  
(or)
- b. Explain in detail about the free mobility exercise for shoulder. elbow. waist and finger joints and its uses