



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A++Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continues Internal Assessment – II (October 2025)

Class : II BPEd

Time : 2 Hours

Branch : Physical Education

Max. Marks: 60

23BPDE3A DSE III - Sports Medicine, Physiotherapy and Rehabilitation

Course Outcomes:

1. Understand the dimension and measurement of the games and Athletics.
2. Describe the rules and Regulations of the games and Jhon hmm Athletics.
3. Apply the art of coaching the sports team.
4. Able to organize and officiate the Track and Field events.
5. Apply the concept of coaching and officiating.

Part A

6 x 1 = 6

Choose the Correct Answer

1. In PRICER treatment second 'R' stands for CO1K2
(i) Referral (ii) Rice (iii) Retrospective (iv) Rehabilitation
2. Which one of the following is not the part of Hydrotherapy? CO1K3
(i) Wax bath (ii) Cryotherapy (iii) Whirlpool bath (iv) Contrast bath.
3. What is another name for thermotherapy? CO3K2
(i) Heat therapy (ii) clod therapy (iii) mud therapy (iv) cryotherapy
4. In treatment of sports injury, alternate use of cold and hot water is known as CO1K3
(i) Sauna bath (ii) Contrast bath (iii) Steam bat (iv) clod therapy
5. what is type of bandage usually tied at the joints such as elbows and ankles called? CO2K5
(i) capeline bandage (ii) figure of eight (iii) spica (iv) reverse spica
6. ABC of first -aid its stands for CO3K5
(i) Air way , Bandage and cell medical emergencies
(ii) Airway , Breathing and circulation
(iii) Ambulance, Bandage and circulation
(iv) Air way , Breathing and cell medical emergencies

Part – B

3 X 6 = 18

Answer should not exceed 400 words or One Page

- 7.a) What is hydrotherapy in sports medicine? What are the risks or complications of hydrotherapy?? CO3K1
(Or)
- 7.b) What is cryotherapy? Explain the Mechanism of action? CO2K3
- 8.a) What is Massage in sports and explain the benefits? CO2K2
(Or)
- 8.b) Exploring the Techniques of Swedish Massage CO2K2
- 9.a) write the definition and scope of therapeutic Exercise CO3K3

(Or)
9.b) Explain the Passive and Active Movements

CO4K3

Part – C

Answer the following

3 X 12 = 36

Answer should not exceed 800 words or one page

10.a) Explain the Therapeutic exercise in physiological effects and Principles of Therapeutic Exercise

CO1K2

(Or)

10.b) Describe the Aerobic exercises and Muscle-strengthening exercises for older Can Improve the Health and Physical Ability

CO2K3

11.a) Explain the Five Main Massage Techniques Used In Sports Massage Therapy

CO3K2

(Or)

11.b) Describe the Therapeutic Massage Techniques explain any two techniques with drawing

CO1K3

CO3K2

12.a) Write short notes on the following

(a) contrast both (b) whirlpool bath

(c) steam bath (d) sun bath

(Or)

12.b) Describe the Mobility Exercise given below
Trunk head and necks with procedure

CO2K5

Staff In charge : Mrs. V. Preethi

Total No. of Papers: 18