



Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)
Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment – II April 2025

Class: III UG

Time: 2 Hours

Major: Physical Education

Max Marks: 60

21BPEC27 – Sports Injuries and Physiotherapy

Course Outcomes:

CO 1: Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes

CO 2: Demonstrate the basics of sport first aid during and after game situation.

CO 3: Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.

CO 4: Identify and apply knowledge of anatomy to the design and execution of research studies.

CO 5: Able to collect and analyse data in a motor learning, exercise physiology, or other sports medicine lab settings.

Part A

Answer all the Questions

6 x 1 = 6

1. Which massage technique is best suited for increasing blood circulation?
a) Effleurage
b) Vibration
c) Tapotement
d) Compression
CO5K4
2. Which type of exercise involves muscle contraction without movement?
a) Isotonic
b) Isokinetic
c) Isometric
d) Aerobic
CO3K3
3. Which of the following hydrotherapy techniques involves alternating hot and cold water application?
a) Whirlpool bath
b) Contrast bath
c) Immersion therapy
d) Steam bath
CO3 K3
4. The term related to contusion is
a) Bruise
b) Torsion
c) Cramps
d) Soreness
CO3K2
5. Which of the following is NOT a benefit of hydrotherapy?
a) Pain relief
b) Increase muscle tension
c) Improved circulation
d) Enhanced Joint mobility
CO3K3
6. Which of the following exercises is classified as an aerobic exercise
a) Weight lifting
b) Sprinting
c) Swimming
d) Squats
CO4K3

Part B

3x6=18

Each answer should not exceed 400 words or two pages

- 7 a). Define Cryotherapy and mention two of its therapeutic uses.
(or)
CO4K3
- 7 b). Differentiate between Passive and Active therapeutic exercises with examples.
CO3K2
- 8 a). What are the physiological effects of massage on the body?
(or)
CO4K4
- 8 b). Explain the principle of Contrast Bath therapy and its indications
CO3K3
- 9 a). List and briefly describe the types of Electrotherapy modalities
(or)
CO4K3
- 9 b) What are the benefits of Whirlpool bath and Sauna bath in hydrotherapy?
CO2K3

Part C

3x12=36

Each answer should not exceed 800 words or two pages

- 10 a). Explain Thermotherapy in detail, including its types, applications, and contraindications.
(Or)
CO3K4
- 10 b). Describe the Swedish system of massage manipulation, including its classification and benefits
CO4K3
- 11 a) What are the different types of therapeutic exercises? Explain Active, Active-assisted, and Active resisted exercises with examples.
(Or)
CO4K3
- 11 b). Discuss Shortwave Diathermy in detail, covering its mechanism, applications, and precautions
CO3K4
- 12 a). Explain the exercise program for strengthening an injured part, including different phases of rehabilitation
(Or)
CO4K3
- 12 (b). Describe the Physiological and Therapeutic effects of Hydrotherapy, with a focus on its role in rehabilitation.
CO2K3