



*Sambath*

III BSc

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 Test I – February 2026  
VI Semester

Class : III BSc  
Major : Physical Education

Time: 2 hours  
Maximum Marks: 60

**23BPEC21 Athletic Care and Rehabilitation**

**Course Outcomes:**

At the end of the course, students will:

1. Understand the prevention treatment and rehabilitation of athletic injuries .
2. Demonstrate the basics of sport first aid during and after games situation .
3. Recognize and appropriately to treat common sports injuries and conditions from onset through rehabilitation
4. Identify and apply knowledge of anatomy to the design and execution of research studies.
5. Able to collect and analyze data in motor learning , exercise physiology or other sports medicines lab Settings.

**Part - A**

**6 x 1 = 6**

**Choose the Correct Answer**

1. Athletic Care mainly deals with CO1K3
  - a. Entertainment in sports
  - b. Prevention and management of sports injuries
  - c. Organizing competitions
  - d. Coaching techniques
2. Examination of the spine is mainly done to detect CO2K3
  - a. Body weight
  - b. Muscle size
  - c. Postural deformities
  - d. Athletic skill
3. Rehabilitation is the process of CO3K2
  - a. Preventing participation
  - b. Restoring functional ability after injury
  - c. Increasing body weight
  - d. Skill training only
4. A posture test is used to CO1K3
  - a. Measure height
  - b. Test endurance
  - c. Identify postural defects
  - d. Improve flexibility
5. Corrective Physical Education is concerned with CO2K1
  - a. Skill development
  - b. Competitive sports
  - c. Correction of postural defects
  - d. Recreation only
6. Which of the following is a principle of rehabilitation? CO3K2
  - a. Sudden heavy exercise
  - b. Complete inactivity
  - c. Progressive loading
  - d. Ignoring pain

**Part - B**

**3 x 6 = 18**

**Answer ALL Questions**

**Each answer should not exceed 400 words or two pages**

7. a. Explain the meaning and importance of Athletic Care. CO3K2  
(or)
7. b. Describe the principles of Athletic Care and Rehabilitation. CO2K3
8. a. Explain the objectives of Corrective Physical Education. CO1K3  
(or)
8. b. Write about posture and body mechanics. CO5K4
9. a. Explain the values of good posture. CO4K3  
(or)
9. b. Describe the drawbacks and causes of bad posture. CO3K3

**Part - C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

10. a. Define Athletic Care and explain in detail the need and importance of Athletic Care and Rehabilitation. CO2K3

(or)

10. b. Explain the principles of Athletic Care and Rehabilitation with suitable examples. CO3K3

11. a. Define Corrective Physical Education and discuss its definition, objectives, and scope. CO4K4

(or)

11. b. Explain in detail the standards of good standing posture CO4K3

12. a. Describe the causes and drawbacks of bad posture in detail CO1K4

(or)

12. b. Explain the posture test and examination of the spine. CO2K3

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**Staff in-charge: Mrs. A.Kiruthika**