



Hambatta

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

Bachelor's Degree Examination – April 2026

VI Semester

Class : III UG

Major : Physical Education

Time: 3 Hours

Max. Marks: 100

23BPEC21 Athletic Care and Rehabilitation

Course Outcomes:

CO1: Understand the prevention treatment and rehabilitation of athletic injuries.

CO2: Demonstrate the basics of sport first aid during and after games situation.

CO3: Recognize and appropriately to treat common sports injuries and conditions from onset through rehabilitation

CO4: Identify and apply knowledge of anatomy to the design and execution of research studies.

CO5: Able to collect and analyze data in motor learning , exercise physiology or other sports medicines lab Settings

Part A

10 x 1 = 10

Choose the Correct Answer

1. Which body systems can be negatively affected by chronic poor posture?
a. Only the Musculoskeletal system b. Respiratory and Circulatory systems
c. Digestive and Nervous system d. All of the above
CO1 K1
2. Which postural deformity is characterized by an exaggerated inward curve of the lumbar spine (lower back)?
a. Kyphosis b. Lordosis
c. Scoliosis d. Flat foot
CO2 K1
3. Which of the following is considered an effective traditional exercise for correcting "Knock Knees"?
a. Walking on heels b. Horse riding
c. Bending forward d. Rope skipping
CO3 K2
4. Which technique is most effective for breaking down adhesions and scar tissue in deeper muscle layers?
a. Tapotement b. Vibration
c. Deep Friction d. Effleurage
CO4 K1
5. An "Ankle Sprain" is specifically an injury to which type of tissue?
a. Muscle b. Ligament
c. Bone d. Tendon
CO1 K2
6. TOTAPS" is a protocol used by trainers to:
a. Treat a fracture on the field
b. Perform surgery on a joint
c. Assess whether an injured player can continue playing
d. Record an athlete's career status
CO2 K2
7. Which hydrotherapy method involves the alternate use of hot and cold water to stimulate circulation and reduce swelling?
a. Sauna bath b. Contrast bath
c. Steam bath d. Sitz bath
CO3 K2
8. In Interferential Therapy (IFT), "Sweep Frequency" is primarily used to:
a. Increase the intensity of the current.
b. Heat the deep tissues
c. Avoid the accommodation (habituation) of nerves to the stimulus
d. Measure the depth of the injury
CO4 K2
9. Which type of bandage is specifically recommended for supporting injuries to the knee or ankle joints due to its wrap pattern?
a. Circular bandage b. Spiral bandage
c. Figure of 8 bandage d. Recurrent bandage
CO5 K2
10. What is the primary objective of applying a bandage to a sports injury?
a. To increase blood flow to the surface
b. To enhance the pain sensation for monitoring
c. Immobilization, protection, support, or compression
d. To replace the need for professional medical assessment
CO1 K1

Part B

5 x 6 = 30

Answer ALL questions

Each Answer should not exceed 400 words or two pages

- 11.a. List and explain five physiological values of maintaining good posture. CO2 K2
(or)
- 11.b. Write about posture test and examination of spine. CO3 K3
- 12.a. Explain the principles and techniques of strapping and bandages. CO2 K2
(or)
- 12.b. List and describe three specific strengthening exercises for correcting a round shoulder posture. CO1 K1
- 13.a. Discuss the chemical changes in the body during massage, specifically the reduction of cortisol and the increase in serotonin. CO3 K2
(or)
- 13.b. Describe the technique of Effleurage and its primary use in warming up tissues and improving lymphatic drainage. CO2 K2
- 14.a. Differentiate between a sprain and a strain, identifying the specific tissues involved in each. CO1 K2
(or)
- 14.b. Briefly explain about the classification of therapeutic exercise. CO3 K3
- 15.a. List and explain any five types of thermotherapy to treat sports injuries. CO4 K3
(or)
- 15.b. Explain the RICE protocol for ankle sprain. CO3 K3

Part C

5 x 12 = 60

Answer ALL questions

Each Answer should not exceed 800 words or four pages

- 16.a. Provide a detailed account for causes of poor posture, categorizing them into hereditary, habitual, and environmental factors. CO2 K2
(or)
- 16.b. Define Good Posture and explain its values across physical, aesthetic, and social dimensions. CO4 K3
- 17.a. Detail the three major types of postural deviations. CO3 K3
(or)
- 17.b. Analyze how therapeutic exercise act as corrective measures for spinal deviations. CO4 K2
- 18.a. Describe about the classification of massage based on the patient's specific needs. CO2 K2
(or)
- 18.b. Detail the physiological effect of massage on the circulatory and musculoskeletal systems. CO2 K2
- 19.a. Analyze the pathophysiology and immediate care for Unexposed Injuries such as Sprains, Strains, and Dislocations. CO5 K3
(or)
- 19.b. Explain the three phases of healing in relation to sports injuries. CO4 K2
- 20.a. Discuss the conduction, convection and radiation principles to apply to heat and cold therapy. CO3 K3
(or)
- 20.b. Analyze the physiological effects of IRR on the skin, nerves and deeper muscle tissue. CO4 K2
