



*K. Sambappa*

**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 – May 2025**  
**VI Semester**

**Class : III UG**  
**Major : Physical Education**

**Time : 3 Hours**  
**Max. Marks : 100**

**21BPEC27 Sports Injuries and Physiotherapy**

**Course Outcomes:**

- CO1: Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.  
CO2: Demonstrate the basics of sport first aid during and after game situation.  
CO3: Recognise and appropriately 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 analyse data in a motor learning, exercise physiology, or other sports medicine lab settings.

**Part A**  
**Choose the Correct Answer**

**10 x 1 = 10**

1. What is the primary goal of physiotherapy in sports?  
a. Improving sports rules  
b. Enhancing performance by treating injuries  
c. Coaching athletes  
d. Managing sports events  
CO1K1
2. Which of the following is an example of a chronic sports injury?  
a. Sprain  
b. Fracture  
c. Tennis elbow  
d. Concussion  
CO1K1
3. The term "Cryotherapy" refers to:  
a. Heat treatment  
b. Cold therapy  
c. Ultrasound therapy  
d. Electrical stimulation  
CO2K2
4. Which of the following is not a part of hydrotherapy?  
a. Steam bath  
b. Contrast bath  
c. Shortwave diathermy  
d. Whirlpool bath  
CO2K2
5. What is the purpose of passive therapeutic exercise?  
a. To increase endurance  
b. To maintain joint mobility  
c. To strengthen muscles actively  
d. To enhance cardiovascular health  
CO3K3
6. The Swedish system of massage consists of:  
a. Five primary manipulations  
b. Only two techniques  
c. Electrical stimulations  
d. Muscle compression therapy  
CO3K3
7. What is a common sign of an open wound?  
a. Skin discoloration  
b. Visible bleeding  
c. Swelling without cuts  
d. Deep tissue bruising  
CO3K3
8. Which of the following electrotherapy treatments uses infrared rays?  
a. Contrast bath  
b. Cryotherapy  
c. Thermotherapy  
d. Phototherapy  
CO3K4
9. Acute injuries occur:  
a. Over a long period  
b. Suddenly due to trauma  
c. Due to overuse  
d. As a result of poor diet  
CO3K4
10. Physiological effects of massage include:  
a. Increasing stress  
b. Reducing blood circulation  
c. Relieving muscle tension  
d. Weakening ligaments  
CO3K4

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

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

- 11.a. Explain the importance of physiotherapy in sports injury management. CO1K1  
(or)
- 11.b. Discuss the role of prevention in sports injuries with examples. CO1K2
- 12.a. Describe the causes and symptoms of acute and chronic sports injuries. CO2K3  
(or)
- 12.b. Explain the types of open and closed wounds commonly found in sports. CO3K3
- 13.a. Compare and contrast cryotherapy and thermotherapy in injury treatment. CO2K4  
(or)
- 13.b. Describe the benefits of hydrotherapy for athletes. CO3K2
- 14.a. Explain the different types of therapeutic exercises and their significance. CO4K4  
(or)
- 14.b. Discuss the exercise programs designed to strengthen injured body parts. CO4K2
- 15.a. Write a short note on the Swedish system of massage and its physiological effects. CO5K1  
(or)
- 15.b. Discuss the importance of massage in sports recovery. CO5K1

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

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

- 16.a. Explain the guiding principles of physiotherapy and their role in rehabilitation. CO4K2  
(or)
- 16.b. Relate physiotherapy to physical Education and sport for the betterment. CO2K3
- 17.a. Discuss the role of hydrotherapy in the treatment of sports injuries. CO2K2  
(or)
- 17.b. Explain in detail the uses of electrotherapy in physiotherapy. CO3K2
- 18.a. Illustrate the passive and active therapeutic exercises with examples. CO4K3  
(or)
- 18.b. Explain the effects of therapeutic exercises with example. CO4K4
- 19.a. Describe the physiological effects of different massage manipulations. CO2K3  
(or)
- 19.b. Explain the history, techniques, and benefits of massage therapy in sports. CO4K2
- 20.a. Discuss the importance of massage, hydrotherapy, and electrotherapy in sports rehabilitation. CO3K4  
(or)
- 20.b. Write about the physiological effect of massage. CO5K2

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