



Mavin

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)

Re- accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12 B

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – April 2022

Semester VI

Class: III BSc

Max Marks: 60

Major: Physical Education

18BPEC27 – Sports Injuries and Physiotherapy

Course Outcomes:

1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
2. Demonstrate the basics of sport first aid during and after game situation.
3. Recognise and appropriately 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 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. Therapy which gives through electrical means is _____ therapy. **CO1K1**
a. Hydro b. Massage c. Electrical d. Physio
2. Exercises which is given for rehabilitation is _____ exercises. **CO2K1**
a. Therapeutic b. Rehabilitation c. Physical d. Both a & b
3. Exercises in which involve your physical effort exerted into muscular activity. **CO2K1**
a. Active b. Resisted c. Assisted d. Persisted
4. Warming up is necessary to prevent sports _____. **CO1K1**
a. Injuries b. Action c. Activity d. Pretention
5. Massage Therapy was largely developed by. **CO2K2**
a. Gilberg b. Per Henril Ling c. Snagholm d. Le Debrue
6. Manipulation of the body's soft tissues is _____. **CO1K2**
a. Cool down b. Warm up c. Massage d. Therapy

PART – B

Answer all Questions

Each answer should not exceed 400 words or two pages

3 X 6 = 18

7. a. Write Indications and Contra indications of Contrast bath. **CO1K2**
Or
7. b. Write the procedure of steam bath. **CO2K2**
8. a. Write about the Active and Passive exercises with suitable examples. **CO2K3**
Or
8. b. Write the guidelines to follow before prescribing therapeutic exercises. **CO3K3**
9. a. Write the definition, indications and contraindications of massage **CO3K4**
Or
9. b. Briefly write the physiological effects on massage on skin . **CO4K4**

Part – C

Answer any one and it should not exceed 800 words

1 X 12 = 12

- 10.a. Explain about the ultra violet rays and short wave diathermy. **CO2K2**
or
- 10.b. Explain about the Active Assisted exercises with examples. **CO2K2**
- 11.a. Explain about the Active Resisted exercises with examples. **CO3K2**
or
- 11.b. Write the exercise programme to strengthen the muscles for back pain. **CO3K3**
- 12a. Write the exercise programme to strengthen the muscles for ankle injury. **CO4K3**
or
- 12.b. Explain the physiological effects on massage on circulatory and muscular system. **CO4K4**