

*Avinasilingam Institute for Home Science and Higher Education for Women*

**Continuous Internal Assessment I- February 2019**

Class : III B.Sc

Max Marks: 60

Major : Bachelor of Physical Education

Total hours : 2 hrs

**15BPEC27-Sports Injuries and Physiotherapy**

**Part - A**

Circle the Correct Answer

5X 1 = 5

1. Where is the largest and often tendon injuries in the body?  
a. Knee      b. Ankle      c. Neck      d. Shoulder
2. When a muscle is in firm contraction and forcible blow occurs on it, the result is muscle:  
a. Rupture      b. Tone      c. Strain      d. Sprain
3. To reduce the risk of injuries occurring we should  
a. Warm up our body      b. Check the playing surface for sharp objects      c. Wear protective equipment      d. All of the above
4. A dislocation occurs when  
a. A muscle is detached from its origin      b. A bone protrudes through the skin      c. The bones at a joint are forced out of position      d. Ligaments are stretched beyond normal range of position
5. An example of an internal cause of injury is  
a. Fatigue      b. Body Contact      c. Environmental Temperature      d. Poor Playing Surface

**Part - B**

Answer the following in two or four lines

5 X 2 =10

6. Define Sports injuries
7. Abbreviate R.I.C.E, D.R.A.B.C
8. Define Physiotherapy
9. Explain bruising
10. Define Cryotherapy

**Part - C**

**Answer the following**

Answer in two pages or do not exceed 200 words

3X5=15

11.a. Explain the different types of injuries

Or

11.b. Write about overuse injuries

12.a. Explain the soft tissue injuries

Or

12.b. Write about need and importance's of physiotherapy

13.a. Describe about chronic injuries

Or

13.b. Explain rehabilitation exercises

**Part - D**

**Answer the following**

Answer in Four pages or do not exceed 700 words

2x15 = 30

14.a. Explain common sports injuries with example ?

Or

14.b. Write about Prevention of sports injuries

15.a. Explain the techniques of physiotherapy

Or

15. b. Write about acute injuries?