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 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – November 2024
III Semester

Class: II B.P.Ed.

Time : 3 Hours
Max. Marks : 100

23BPDE3A Discipline Specific Elective (DSE– III): Sports Medicine, Physiotherapy and Rehabilitation

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: Recognize 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: Analyze data in a motor learning, exercise physiology, or other sports medicine lab settings

Part A **10 x 1 = 10**

Choose the Correct Answer

1. Which is a branch of medicine concerned with physical fitness and with the treatment and prevention of injuries and other disorder related to sport? CO2 K3
   a. Sport medicine b. Sport authority
   c. Sport physiotherapy d. Sport association

2. Displacement between the joints is called as CO2 K2
   a. Fracture b. dislocation c. Sprain d. Strain

3. A mechanical source for treatment of sports injuries is CO3 K3
   a. UV ray b. Ultra sound c. Infra red ray d. Short wave

4. In UVR lamp the heat produced in the burner changes the quartz to CO4 K4
   a. Silicone b. Boron c. Tridymite d. Silicone dioxide

5. For which treatment ethyl chloride is used? CO3 K4
   a. Cryotherapy b. Thermotherapy c. Electrotherapy d. Ice therapy

6. Which method is applied to decrease swelling? CO4 K2
   a. Ultra sound b. Infrared rays c. Contrast bath d. Ice therapy

7. A massage technique that compresses the muscle tissue between the palm and fingers is CO4 K5
   a. Tapotement. b. effleurage c. petrissage d. vibrations

8. This techniques is percussive and involves contacting the client with the entire palmar surface of the therapist's hand. CO5 K5
   a. tapping b. effleurage c. slapping d. pincemen

9. Action in which movement occur opposite to the weight is called _____ manipulation. CO3 K3
   a. Active b. Passive c. Resistive d. None of these

10. The basic component of joint mobilization are CO2 K2
   a. Roll b. Spin c. Slide d. All the above

Part B 5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

11.a. Define Sports medicine and write its aims.	CO2 K1
(or)	
11.b. Explain the prevention of injuries in sport.	CO3 K2
12.a. Discuss the importance of physiotherapy.	CO2 K1
(or)	
12.b. Write a short note on ultraviolet rays.	CO3 K2
13.a. Discuss about the steam bath in brief.	CO2 K2
(or)	
13.b. Write a short note on Contrast bath.	CO2 K3
14.a. What do you mean by massage and define massage?	CO1 K2
(or)	
14.b. Discuss the Physiological effects of massage.	CO3 K3
15.a. Explain the principles of therapeutic exercise.	CO4 K3
(or)	
15.b. Write short notes on active passive movement.	CO2 K2

Part C 5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

16.a. Discuss about the contribution of Physical Education teachers and coaches in athletic care and rehabilitation.	CO2 K2
(or)	
16.b. Explain the types of common sports injuries.	CO3 K3
17.a. Discuss about the guiding principles of physiotherapy.	CO2 K3
(or)	
17.b. Describe the types of electrotherapy with examples.	CO3 K3
18.a. Explain about the treatment of Cryotherapy.	CO2 K2
(or)	
18.b. Discuss about the types of thermotherapy.	CO3 K3
19.a. Explain the history of massage.	CO2 K2
(or)	
19.b. Explain the Classification of manipulation of massage.	CO3 K3
20.a. Explain a detail note on Effects and uses of therapeutic exercise.	CO3 K2
(or)	
20.b. Discuss about the free mobility exercise.	CO3 K5

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