

**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore – 641 043**

Bachelor of Physical Education Degree Examination – November 2018
III Semester

Class : II B.P.Ed.

Time: 3 Hrs
Max. Marks: 100

**15BPDE3A Discipline Specific Elective (DSE) – III : Sports Medicine, Physiotherapy
and Rehabilitation**

Part – A

10 X 1 = 10

Choose the correct answer

1. Sports medicine relates to
 - a. Sports
 - b. Aurvedic
 - c. English
 - d. None of the above
2. Physiotherapy relates to
 - a. Medicine
 - b. Exercise
 - c. Driving
 - d. None of the above
3. Hydrotherapy relates to
 - a. Water
 - b. Solution
 - c. Watt
 - d. None of the above
4. Hemotherapy relates to
 - a. Water
 - b. Ice
 - c. Heat
 - d. None of the above
5. Water fermentation relates to
 - a. Water
 - b. Injury
 - c. Spin
 - d. None of the above
6. Laceration relates to
 - a. Dislocation
 - b. Abduction
 - c. Injury
 - d. None of the above
7. Abrasion relates to
 - a. Wound
 - b. Treatment
 - c. Fracture
 - d. None of the above
8. Dislocation relates to
 - a. Ankle
 - b. Knee
 - c. Skin
 - d. None of the above
9. Therapy relates to
 - a. Running
 - b. JCR Test
 - c. Treatment
 - d. None of the above
10. Sprain relates to
 - a. Ligament
 - b. Muscle
 - c. Both
 - d. None of the above

Part – B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

11. a. Write the treatment for fracture.
(or)
11. b. Write the types of Bandage.
(or)
12. a. Write the importance of physiotherapy in the field of physical education.
(or)
12. b. Write a short notes on electrotherapy.
(or)
13. a. Write about the prevention measures of dislocation.
(or)
13. b. What is sprain and write about first aid for it ?
(or)
14. a. Explain the exercise programme to strengthen the lower extremities.
(or)
14. b. Explain the history of massage.
(or)
15. a. Explain the exercise programme to strengthen the upper extremities.
(or)
15. b. Briefly explain about the active and passive movements of therapeutic exercise.

Part – C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

16. a. Describe need and importance of sports injuries in the field of physical education.
(or)
16. b. Explain concepts and objectives of athletic care and rehabilitation.
(or)
17. a. Explain – Guiding principles of physiotherapy.
(or)
17. b. Explain the importance of physiotherapy.
(or)
18. a. Explain cryo therapy.
(or)
18. b. Explain thermo therapy.
(or)
19. a. Explain the classification of the massage.
(or)
19. b. Explain the physiological effects of massage.
(or)
20. a. Write the therapeutic exercise for shoulder and elbow joints.
(or)
20. b. Explain the effects and uses of therapeutic exercise.
