

Avinashilingam Institute for Home Science and Higher Education for women

Coimbatore – 641 043

Continuous Internal Assessment Test I – August 2018

Class : II BPEd

Time : 2 hours

Major: Physical Education

Max.marks : 60

**15BPDE3A DSE III Sports Medicine, Physiotherapy and Rehabilitation**

**PART – A**

Circle the Correct Answer

5x1=5

1. America college of Sports Medicine founded in  
(a) 1952 (b) 1954 (c) 1953 (d) 1951
2. Displacement between the joints is  
(a) Fracture (b) Sprain (c) Strain (d) Dislocation
3. There is a clean break involving no lesion of the skin is  
(a) Simple Fracture (b) Compound Fracture  
(c) Complicated Fracture (d) Communitied fracture
4. The body's response to loss of water and salt from heavy sweating is known as  
(a) Heat stroke (b) Heat exhaustion (c) Heat cramps (d) Heat rash
5. An inflammatory reaction within a bursa is  
(a) Cellulites (b) contusion (c) Bursitis (d) Dislocation

**PART – B**

Answer the following in one or two sentence

5x2=10

6. Define:- Rehabilitation
7. What is meant by Sports Medicine?
8. Expand the term RICE

9. What is Muscle Cramp?

10. List the electrotherapy equipments

**PART - C**

Answer the following (one page)

3x5=15

11. (a) Enumerate the branches and important of physiotherapy

(or)

(b) Explain the guiding principles of physiotherapy

12. (a) Write about tennis elbow and its symptoms.

(or)

(b) What are the signs and symptoms of strain?

13. (a) Define sprain and explain it.

(or)

(b) Explain the different types of Bandages.

**PART - D**

Answer the following (six pages)

2x15=30

14. (a) Explain the different kinds of sports injuries

(b) Briefly explain about the prevention of sports injuries

15. (a) What are the classification of open wounds

(or)

(b) Define Cryotherapy and explain its technique