



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

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

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test I February 2020

Semester VI

Class : III BSc
Major/Branch : Physical Education

Time : 2 Hours
Max. Marks: 60

15BPEC27–Sports Injuries and Physiotherapy

Part A

5 x 1 = 5

Choose the Correct Answer

1. The word therapy means _____
a. Thermo b. Physio c. Treatment d. First Aid
2. To reduce the risk of injury occurring we should _____
a. Relax b. Warm up c. Proper equipment d. All the above
3. Sports injuries occur during _____
a. Studying b. Exercise c. Sedentary work d. Household work
4. An injury related to bones are called as _____
a. Dislocation b. Fracture c. Strain d. Strain
5. An example of an internal cause of injury is
a. Fatigue b. Body Contact c. Environment d. Playing Surface

Part B

2 x 5 = 10

6. Define Sports medicine.
7. Write the meaning of Sports medicine.
8. Define Physiotherapy.
9. What is Hydrotherapy?
10. What is Cryotherapy?

Part B

3 x 5 = 15

Answer all the questions

Each answer should not exceed 400 words or two pages

11. a. Write the scope of Sports medicine or
11. b. Write the need and importance of Sports medicine in the field of physical education

12. a. Write about the objectives of Sports medicine or
12. b. Explain about the preventive measures of Sports Injury

13. a. Write about any 5 common injuries or
13. b. What are the signs and symptoms of open wound

Part D

2 x 15 = 30

Answer all the questions

Each answer should not exceed 800 words or four pages

15. a. Explain about the guiding principles of Physiotherapy or
15. b. Explain about the common acute injuries for sports persons

16. a. Explain about the common chronic injuries for sports persons or