



Hambur

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 (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – November 2025 III Semester

Class : II B.P.Ed.

Time : 3 Hours

Max. Marks : 100

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

Course Outcomes:

- CO1: Understanding the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes
CO2: Demonstrate the basics of sports first aid during and after games situation
CO3: Recognize and appropriate 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 medicines lab setting

Part A

10 x 1 = 10

Choose the Correct Answer

1. Which machine is often used in physiotherapy to reduce pain? CO1 K3
a. Bicycle b. TENS c. Weighing Scale d. Stethoscope
2. Which injury is most commonly associated with sudden twisting of the knee? CO2 K2
a. Achilles tendon ruptures b. ACL (Anterior Cruciate Ligament) tear
c. Tennis Elbow d. Rotator cuff injury
3. What is the purpose of R.I.C.E. method used for? CO1 K1
a. Increasing stamina b. Treating minor sports injuries
c. Enhancing flexibility d. Strength training
4. Which professional is primarily responsible for diagnosing and treating sports injuries? CO3 K3
a. Nutritionist b. Personal trainer
c. Sports medicine physician d. Physical education teacher
5. What is the main aim of physiotherapy in sports? CO3 K4
a. Build muscles b. Improve diet
c. Prevent and treat injuries d. Teach new sports
6. Which tool is often used by physiotherapists to reduce swelling after injury? CO2 K2
a. Heat Pack b. Cold Pack c. Treadmill d. Resistance Band
7. What type of exercise helps in strengthening after an injury? CO1 K1
a. Strength Training b. Balistic Stretch
c. Taking Rest d. Virtual Gaming
8. What is the main purpose of massage in physiotherapy? CO1 K3
a. Replace exercise b. Increase body weight
c. Build muscle d. Relax muscles
9. Which type of massage is commonly used to reduce muscle soreness after sports? CO1 K2
a. Deep tissue massage b. Aromatherapy massage
c. Swedish massage d. Head massage
10. What is the main goal of therapeutic exercise in physiotherapy? CO2 K1
a. increase pain b. reduce weight
c. improve movement and strength d. avoid activity

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

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| 11.a. Discover the aims and objectives of Sports Medicine in Athletic Care.
(or) | CO1 K3 |
| 11.b. List out the importance of Sports in injuries in the field of Physical Education. | CO2 K1 |
| 12.a. Write about infrared rays and its uses in injury healing?
(or) | CO3 K3 |
| 12.b. Explicate the demonstration of treatments. | CO2 K2 |
| 13.a. Summarize the importance of Cryotherapy in injury treatments.
(or) | CO3 K2 |
| 13.b. What is hot water fomentation and explain it. | CO1 K1 |
| 14.a. Give the history of massage technique in sports medicine.
(or) | CO2 K2 |
| 14.b. Write the need and benefits of massage? | CO3 K3 |
| 15.a. Describe the classification of therapeutic exercises.
(or) | CO2 K2 |
| 15.b. Enumerate the scope of therapeutic exercises. | CO3 K1 |

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

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| 16.a. Explain about common sports injuries and categorise it.
(or) | CO3 K5 |
| 16.b. Identify the methods to prevent sports injuries? | CO2 K4 |
| 17.a. Elaborate the guiding principles of physiotherapy.
(or) | CO4 K5 |
| 17.b. Explain electrotherapy and its implications in sports injuries. | CO2 K2 |
| 18.a. Write about the uses of contrast bath and its directions of apply.
(or) | CO4 K3 |
| 18.b. Explain the procedure of steam bath and its uses. | CO3 K1 |
| 19.a. Classify the manipulation of massage.
(or) | CO3 K2 |
| 19.b. Describe about different massage techniques and its physiological effects. | CO2 K5 |
| 20.a. Paraphrase the principles of therapeutic exercise.
(or) | CO2 K5 |
| 20.b. Design the active and passive mobility exercise for shoulder joint. | CO5 K6 |
