

**Avinashiligam Institute for Home Science and Higher Education for Women, Coimbatore –
641 043**

Continuous Internal Assessment Test II – December 2020

Class : I BPEd

Major : Physical Education

Max Marks: 30

18BPDE3A –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: Recognise 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: Able to collect and analyse data in a motor learning, exercise physiology, or other sports medicine lab settings.

Part – A

Answer all the questions

6X 1 = 6

1.	Soft tissue injuries are classified as --	CO1 KI
	a.Muscles,ligaments,tendons,skin c. Muscles and bones	b.Bones and teeth d.Muscles and skin
2.	The acromyn RICE Stands for	CO2K2
	a) Rest,ice,contusion,Elevation, c.Referal, Ice, Compression, Elevation	b. Rest,Ice,Compression,Elevation, d. Recurrence,Immersion,Contusion,Elevaton
3.	What piece of equipment is a physio likely to use to strengthen your core muscles?	CO1 K6
	a. Swiss ball b. Foam roller c. Punch bag d .Resistance tube	
4.	4. To Support joints after injury what may a physiotherapy use	CO3K3
	a. Tape and supporting b. Superglue C .Cellotape d) All the above	
5.	.What should you do after exercise to prevent injury and soreness?	CO5K3
	a. Stretching b. Take a protekn shake C Do a cool down d) All the above	
6.	Cryotherapy should be used intermitantly at a rate of	CO6K2

	a) 30 minutes on 1hour rest b) 1 hour on and 2 hour rest c) 30 minutes on and 2 hours rest d) 30 minutes on and 1-2 hours rest	
Part – B		
Answer any two questions ant it should not exceed 400 words 2 X 6 = 12		
7.	Define Physiotherapy and explain the guiding principles and importance of physiotherapy?	CO2K2
8.	Write about Infrared and Ultrasonic rays?	CO4K4
9.	Define Cryotherapy and explain its applications?	CO1K1
10.	Explain the Thermotherapy and its applications?	CO4K4
Part – C		
Answer any one and it should not exceed 800 words 1 X12=12		
11	Define massage and explain its Classifications?	CO1KI
12	What are the Physiological effects of massage?	COIKI