



**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 I - (September 2021)**  
**III Semester**

**Class : II BPEd**  
**Branch : Physical Education**

**Time : 2 Hours**  
**Max. Marks : 60**

***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**

**6 x 1 = 6**

**Choose the Correct Answer**

1. Bone breaking through surrounding tissues including the skin CO3 K3  
a. Open Fracture b. Closed Fracture c. Simple fracture d. Hairline Fracture
2. The injury is caused by a clean, sharp edged object such as knife, a razor is known as --CO1 K1  
a. Abrasion b. Laceration c. Puncture wounds d. Incisions
3. A collection of pooled blood within a relatively restricted area is called as- CO2K2  
a. hematoma b. Haemachurya c. Haemorrhage d. Contusion
4. A direct blow against the tissues causing bruising of the skin or underlying tissues are CO1 K6  
a. Boil b. Cellulitis c. Contusion d. Bursitis
5. Displacement between the joints is called as ----- CO3K3  
a. dislocation b. Fracture c. Sprain d. Strain
6. If the muscle is occasioned by overstress is ----- CO5K3  
a. Acute Strain b. Chronic Strain c. Mild Strain d. Moderate Strain

**Part B**  
**Answer ALL questions**  
**Each answer should not exceed 400 words or two pages**

**3 x 6 = 18**

- 7.a. Write the importance of Sports Medicine in the field of Physical Education? CO2K1  
(or)
- 7.b. Write short note on Athletic Care? CO2 K3
- 8.a. Give short on importance of Physiotherapy CO3K4  
(or)
- 8.b. What is demonstration of treatments? CO4K2
- 9.a. Elucidate the use of infrared ray in sports injuries CO3K2  
(or)
- 9.b. Elucidate the use of ultraviolet rays in sports injuries CO3K2

**Part C**  
**Answer ALL questions**  
**Each answer should not exceed 800 words or four pages**

**3 x 12 = 36**

- 10.a. Explain any five common sports injuries and its causes CO2K3  
(or)
- 10.b. Write about types of Bandages and its application CO4K3
- 11.a. Briefly describe the Guiding principles of Physiotherapy CO1K3  
(or)
- 11.b. Write about Steam Bath in relaxation? CO2K4
- 12.a. Write about cryotherapy? CO1K3  
(or)
- 12.b. Explain Contrast Bath and its benefits? CO2K2

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