



*Aluiseef*

## 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)

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

Coimbatore - 641 043, Tamil Nadu, India

### Bachelor's Degree Examination - May 2024

#### VI Semester

**Class : III UG**  
**Major : Physical Education**

**Time : 3 Hours**  
**Max. Marks : 100**

#### 21BPEC27 Sports Injuries and Physiotherapy

##### Course Outcomes:

1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
2. Demonstrate the basics of sport first aid during and after game situation.
3. Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.
4. Identify and apply knowledge of anatomy to the design and execution of research studies.
5. Able to collect and analyse data in a motor learning, exercise physiology, or other sports medicine lab settings.

##### Part A

10 x 1 = 10

##### Choose the Correct Answer

1. The fibula bone is found in which part of the body. CO1K1  
a. Upper arm b. Lower leg  
c. Upper leg d. Foot
2. ABC of first-aid is stands for \_\_\_\_\_ CO1K1  
a. Airway, Bandage and cell medicine b. Airway, Breathing and circulation  
c. Ambulance, Bandage and Circulation d. Airway, Breathing and cell medicine
3. Choric sports injuries are treated using CO3K2  
a. Diathermy b. Infrared  
c. Ultra violet d. Ultrasound
4. \_\_\_\_\_ is the most common site of fracture? CO3K2  
a. Wrist b. Forearm  
c. Hand d. Ankle
5. Swelling is reduced by CO2K3  
a. Sauna bath b. whirlpool bath  
c. Contrast bath d. Stream bath
6. Cryotherapy is also known as CO2K3  
a. Ice therapy b. wax therapy  
c. Hydrotherapy d. thermotherapy
7. Forced passive movement is contraindicated for \_\_\_\_\_ joint. CO4K4  
a. Hip b. Knee  
c. Elbow. d. Spine
8. Passive movements is the exercises of an affected party by \_\_\_\_\_. CO4K5  
a. External force b. Another person  
c. Device d. all the above
9. Friction massage movements are best done with CO5K5  
a. Four fingers b. Pressure  
c. Rubbing d. oil
10. Massage is performed by CO5K5  
a. Hands b. equipment  
c. hands and equipment d. None of the above

**Part B**  
**Answer the following**  
**Answer should not exceed 400 words or two pages**

**5 x 6 = 30**

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|--|-------|
| 11.a. What are the steps to prevent from sports injuries?<br>(or)          | CO1K1 |
| 11.b. How to rehabilitate injury through physiotherapy?                    | CO1K1 |
| 12.a. What is the difference between acute and chronic injuries?<br>(or)   | CO2K2 |
| 12.b. Define Fracture and its types.                                       | CO2K2 |
| 13.a. Explain the application of whirlpool bath and Contrast bath.<br>(or) | CO3K3 |
| 13.b. Write about Short-wave Diathermy and its uses                        | CO3K3 |
| 14.a. How to treat the dislocated shoulder joints?<br>(or)                 | CO4K4 |
| 14.b. Explain about fractures and bursitis                                 | CO4K4 |
| 15.a. Explain the technique of effleurage massage<br>(or)                  | CO5K5 |
| 15.b. List out various modern massage equipment and its benefits.          | CO5K5 |

**Part C**  
**Answer the following**  
**Answer should not exceed 800 words or four pages**

**5 x 12 = 60**

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|--|-------|
| 16.a. Describe the role of physiotherapy in Physical Education and Sports.<br>(or)                               | CO1K1 |
| 16.b. List and write about guiding principles and importance of physiotherapy.                                   | CO1K1 |
| 17.a. Explain the first aid treatment for various open and closed wound<br>(or)                                  | CO2K2 |
| 17.b. Explain the terms of sprain, strain and its Causes, Signs, and Symptoms.                                   | CO2K2 |
| 18.a. Explain the Classification of Electrotherapy and its application.<br>(or)                                  | CO3K3 |
| 18.a. What are the indication and contra indication for thermotherapy?   | CO3K3 |
| 19.a. How to rehabilitate ACL tear in knee joint of our body.<br>(or)  | CO4K4 |
| 19.b. Define active and passive exercise. Briefly explain active assisted exercise and active resisted exercise. | CO4K4 |
| 20.a. Write the classification of Swedish system of massage.<br>(or)   | CO5K5 |
| 20.b. Describe about physiological effect of massage.  | CO5K5 |

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