

**18BPDE3A –DSE III - Sports Medicine Physiotherapy and Rehabilitation**

Class : BPEd II year  
Semester : III

Time : 2 Hrs.  
Max Marks: 30

**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**

**Circle the Correct Answer**

**5X 1 = 5**

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 any two questions within 400 words**

**2 X 6 =12**

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|---|--------|
| 7. Explain the different types of Bandages    | CO2K6  |
| 8. Explain the classification of open wounds  | CO4K4  |
| 9. Write about Strain?                        | CO3 K1 |
| 10. Elucidate the different types of Fracture | CO6K6  |

**Part – C**

**Answer the following**

**Answer any one, it should not exceed 800 words**

**1X12=12**

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| 11. What are the need and importance of study of Sport Injuries? | CO2K6 |
| 12. Write the techniques in Cryotherapy?                         | CO3K1 |