

*Avinashilingam Institute for Home Science and Higher Education for Women*

**Continuous Internal Assessment II - March 2019**

Class : III B.Sc

Max .Marks: 60

Major : Bachelor of Physical Education

Total hours : 2 hrs

**18BPEC27–Sports Injuries and Physiotherapy**

**Part – A**

Circle the Correct Answer

5X 1 = 5

1. To reduce the risk of injuries occurring we should

- (a) Warm up our body
- (b) Check the playing surface for sharp objects
- (c) Wear protective equipment
- (d) All of the above

2. A dislocation occurs when

- (a) A muscle is detached from its origin
- (b) A bone protrudes through the skin
- (c) The bones at a joint are forced out of position
- (d) Ligaments are stretched beyond normal range of position

3. An example of an internal cause of injury is

- (a) Fatigue
- (b) Body Contact
- (c) Environmental Temperature
- (d) Poor Playing Surface

4. Ultra Sound can be used to treat

- a. Osteomyelitis
- b. Soft Tissue Injuries
- c. Open Fracture
- d. Open Wounds

5. Cryotherapy should be intermittently applied at a rate of

- a. 15 – 20 min
- b. 10- 15 min
- c. 5 – 10 min
- d. 7 – 10 min

**Part – B**

Answer the following in two or four lines

5 X 2 =10

6. Define Sports Medicine

7. Meaning of therapeutic exercise

8. Define Massage

9. Define Electrotherapy

10. Define Cryotherapy

**Part – C**  
**Answer the following**

Answer in two pages or do not exceed 200 words

3X5=15

11.a. Explain the different techniques of cryotherapy

Or

11.b. Write about infra red therapy?

12.a. Explain the classification of therapeutic exercise

Or

12.b. Write about short wave diatherapy

13.a. Describe about Hydrotherapy

Or

13.b. Explain ultra sound therapy

**Part – D**  
**Answer the following**

Answer in Four pages or do not exceed 700 words

2x15 = 30

14.a. What is the exercise programme to strengthen the injured lower limbs?

Or

14.b. Write about chronic injuries?

15.a. Explain the techniques of thermotherapy

Or

15. b. Write about acute injuries?

No. of copies : 25