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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 of Physical Education Degree Examination – December 2023 III Semester

Class: II B.P.Ed./ (2021 Batch Repeater)

Time : 3 Hours
Max. Marks : 100

21BPDE3A Discipline Specific Elective (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: Recognize 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: Analyze data in a motor learning, exercise physiology, or other sports medicine lab settings

Part A

10 x 1 = 10

Choose the Correct Answer

- When was the word first-aid used?
a. 1869 b. 1879 c. 1890 d. 1905
CO1 K1
- Fracture where a part of broken bone enters another bone is called?
a. Simple fracture b. Compound fracture
c. Impacted fracture d. Green stick fracture
CO2 K3
- Which one of the following is not the part of hydrotherapy?
a. Wax Bath b. Cryotherapy c. Whirlpool bath d. Contrast bath
CO2 K1
- Which of the following are similar between shortwave diathermy and ultrasound?
a. Thermal and nonthermal effects b. Volume of tissue treated
c. Bone's reflection of energy d. Depth of treatment
CO1 K2
- Hydrotherapy is the treatment through
a. air b. water c. machine d. exercise
CO3 K4
- Immediate treatment provided to an athlete upon a sports injury is
a. Short Wave diathermy b. Cryotherapy c. Contrast Bath d. Whirlpool
CO1 K3
- The super compensation effect of training is due to
a. Massage
b. Improper Proportion between load and recovery
c. Proper Proportion between load and recovery
d. All the above
CO3 K2
- While giving massage which of the following is not the important consideration?
a. Massage should not begin and end with effleurage
b. Direction of force should be in the direction of muscle fibres
c. The pressure should be in line with venous flow
d. Massage should be painless
CO1 K2
- Active isolated stretching is
a. Warm-up b. Muscle spasm c. Treat trigger point d. Movement in pain free
CO3 K3
- Examples of conditions that can produce contractures include the following.
a. Scoliosis b. Cesarean section c. Prolonged immobilization d. All the above
CO2 K1

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

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|---|--------|
| 11.a. Write down a definition and scope of therapeutic exercise. | CO5 K2 |
| (or) | |
| 11.b. Describe the principles of therapeutic exercise. | CO5 K1 |
| 12.a. Write about the history of massage. | CO4 K4 |
| (or) | |
| 12.b. Prepare passive movements for an injured athlete. | CO5 K5 |
| 13.a. Distinguish steam bath with whirlpool bath. | CO3 K4 |
| (or) | |
| 13.b. Write down information about infra-red rays ultrasonic rays used for an athlete who is injured during training. | CO2 K5 |
| 14.a. State the principles of hot water fomentation. | CO3 K1 |
| (or) | |
| 14.b. List down the common sports injuries and explain any two treatment methods. | CO1 K5 |
| 15.a. What are laceration, blisters, strain and sprain? | CO1 K4 |
| (or) | |
| 15.b. List down the types of bandages. | CO1 K5 |

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

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|---|--------|
| 16.a. Explain the aim and objectives of athletic care and rehabilitation. | CO1 K1 |
| (or) | |
| 16.b. Enumerate need and importance of study of sports injuries in field of physical education. | CO1 K2 |
| 17.a. Draw a neat diagram of bandage trapping for fractures in arms. | CO1 K5 |
| (or) | |
| 17.b. Illustrate ultraviolet rays and shortwave diathermy. | CO2 K3 |
| 18.a. Adapt hydrotherapy treatment for injured athlete, re-state it. | CO3 K5 |
| (or) | |
| 18.b. Distinguish cryotherapy and thermotherapy. | CO3 K4 |
| 19.a. Explain the physiological effects of massage. | CO4 K2 |
| (or) | |
| 19.b. Describe the Swedish system of manipulation. | CO4 K1 |
| 20.a. Discuss classification of therapeutic exercises. | CO5 K2 |
| (or) | |
| 20.b. Demonstrate the free mobility exercise for hips, knees, ankle and foot. | CO5 K3 |
