



Mavin

**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 12 B

Coimbatore-641 043, Tamil Nadu, India

**Continuous Internal Assessment I - February 2023**

**VI Semester**

**Class : III UG**

**Major : Physical Education**

**Time : 2 Hrs**

**Max. Marks: 60**

**18BPEC27 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**

**Answer all the Questions**

**6 x 1 = 6**

1. Therapy means \_\_\_\_\_.  
a. Diagnosis      b. Surgery      c. Treatment      d. Medicine      CO1K1
2. Injuries occur during the involvement of \_\_\_\_\_.  
a. Learning      b. Sports      c. Activity      d. All the above      CO2K1
3. Father of Medicine.  
a. Gladdy      b. Hippocrates      c. Stewart      d. Albert      CO2K1
4. Physiotherapy is also known as \_\_\_\_\_ therapy.  
a. Physical      b. Physiological      c. Cognitive      d. Emotional      CO1K1
5. Physio is the word derived from \_\_\_\_\_ word.  
a. Latin      b. Greek      c. French      d. English      CO2K2
6. Hydrotherapy is the treatment given by \_\_\_\_\_.  
a. Ice      b. Wax      c. Water      d. Waves      CO1K2

**PART - B**

**Answer all Questions**

**Each answer should not exceed 400 words or two pages**

**3 X 6 = 18**

7. a. Write about the preventive measures should be taken for Sports Injuries.      CO1K2  
(or)
7. b. Write the importance of Physiotherapy.      CO2K2
8. a. Write about Acute injuries and explain.      CO2K3  
(or)
8. b. Write about Chronic injuries and explain.      CO3K3
9. a. Write about the guiding principles of Physiotherapy      CO3K4  
(or)
9. b. Briefly write about the signs and symptoms of open wound.      CO4K4

**Part - C**

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

**3 X 12 = 36**

- 10.a. Explain the causes, signs and symptoms of Closed wound.      CO2K2  
(Or)
- 10.b. Explain Common sports injuries.      CO2K2
- 11.a. Explain Exposed and Unexposed injuries.      CO3K2  
(Or)
- 11.b. Write about Cryotherapy in detail.      CO3K3  
(Or)
- 12a. Explain Thermotherapy in detail.      CO4K3  
(Or)
- 12.b. Write about Contrast Bath in detail.      CO4K4