



Maximise

**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

**Continuous Internal Assessment Test II – November 2023**  
**III- SEMESTER**

**Class: II BPEd**  
**Major :Physical Education**

**Time: 2 hours**  
**Maximum Marks :60**

**21BPDE3A DSE-III- Sports Medicine Physiotherapy and Rehabilitation**

**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. Recognize 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. Analyze data in a motor learning, exercise physiology, or other sports medicine lab settings**

**Part-A**

**6x1=6**

**Choose the correct answer**

1. Which therapy is best recommended therapy on field after getting a bruise ? CO2K2  
a. Rice b. Cryotherapy c. Chemotherapy d. Actinotherapy
2. Which sporting event can lead to the development of tennis elbow CO1K2  
a. Basketball b. Throwball c. Gymnastics d. Golf and Fencing
3. What piece of equipment is a physio likely to use to strengthen your core muscles CO2K3  
a. Gym/ Swiss ball b. Foam roller c. Punch bag d. Resistance tube
4. Dislocaton is related to ? CO3K3  
a. Joint Injury b. Skin Injury c. Muscule Injury d. Bone Injury
5. Which of the following is a lower body stretch ? CO3K3  
a. Calf b. Abdominal c. Triceps d. Trapezius
6. Lymph massage procedure begin at the? CO3K3  
a. Lef t thoracic lymph duct b. Tendon c. Immune system d. Right thoracic lymph duct

**Part- B**

**3x6=18**

**Answer ALL Questions**

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

7. a. Explain TOTAPS CO2K2  
(or)
7. b. Write about the History of Massage CO2K2
- 8 .a .Describe about the classification of Therapeutic Exercises CO2K2  
(or)
- 8 .b Explain the techniques of cryotherapy CO3K3
9. a Describe the physiological effects of massage CO3K3  
(or)
9. b Enumerate the types of Stretching CO3K3

**Part-C**

**3x12=36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

10. a. Describe about the Thermotherapy and its Uses CO2K3
- (or)
- 10.b. Write in detail about the Classification of manipulation of massage CO2K2
11. a. Write about the Free mobility exercises for Elbow , Wrist and Shoulder CO3K5
- (or)
- 11.b. Write about the Free mobility exercises for Hip, Knee ankle and foot CO4K4
12. a. Define Fracture, Dislocation and explain its signs symptoms and its treatment CO4K5
- 12.b. Enumerate the types of muscular contraction CO2K5

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**Staff in-charge: Dr.T. Shanmugavalli**

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