



Maximum

**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 I – August 2024**  
**IV - SEMESTER**

**Class : II BPed**  
**Major : Physical Education**

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

**23BPDE3A 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**

**Choose the correct answer**

**6x1=6**

1. Laceration relates to CO2K2  
a. Injury b. Exercise c. Wounds d. Medicine
2. An Inflammatory reaction within a bursa is CO1K2  
a. Cellulites b. Contusion c. Bursitis d. Dislocation
3. What are the components of ABCs in CPR? CO2K3  
a. Airway,beating, compression b. Airway breathing,compression  
c. Asystole, beating,compression d. Airway,breathing,circulation
4. What injury is common in racket sports? CO3K1  
a. Hernia b. Tennis elbow c. Head injury d. Broken toe
5. Athletic training is CO2K3  
a. Specialization in sports medicine b. Prevention of Sport injuries  
c. Sports and Society d. All the above
6. What degree classification of ligament sprain involves a complete tear of the tissue? CO3K3  
a. First degree b. Second degree c. Third degree d. Fourth degree

**Part- B**

**3x6=18**

**Answer ALL Questions**

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

7. a. Define Sports Medicine and explain its importance CO2K2  
(or)  
7. b. Write about Tennis Elbow CO2K2  
8 .a . What are the causes of sports injuries CO2K2  
(or)  
8 .b Describe the different types of Bandages CO3K3  
9. a Explain in detail about the contusion and its First Aid treatment CO3K3  
(or)  
9. b Write about signs and symptoms of Dislocation and its First Aid treatment CO3K3

**Part-C**

**3x12=36**

**Answer ALL questions**

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

10. a. Describe the Guiding principles of physiotherapy CO2K1  
(or)  
10.b. Briefly explain about the acute and chronic injuries CO2K5  
11. a. Elucidate the Prevention of injuries in Sports CO2K2  
(or)  
11.b. Write about the Open wounds and its types CO3K2  
12. a. Define sprain , strain and explain its signs symptoms and its treatment CO2K2  
(or)  
12 b Enumerate the different types of dislocation and its treatment CO2K4

**No. of Copies: 25**

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