

**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR
WOMEN**

Coimbatore – 641 043

Continuous Internal Assessment - II

Class: III BSc

Major: Physical Education

Max Marks: 30

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. Cryotherapy is also known as _____. CO1K1
a. Heat therapy b. Cold therapy c. Hydrotherapy d. Physiotherapy
2. Injury to the Brain is _____. CO2K1
a. Contusion b. Concussion c. Shin splits d. None
3. Lower back pain is common for _____. CO2K1
a. Runners b. Cyclists c. Golfers d. All the above
4. Injury caused by sharp objects is _____. CO1K1
a. Abrasion b. Laceration c. Incision d. Punctured wound
5. Injury which can be seen clearly is _____ injury. CO2K2
a. Exposed b. Unexposed c. Sprain d. Strain
6. Bone dislocates from the joint is _____. CO1K2
a. Fracture b. Dislocation c. Shin split d. Cramps

Part – B

Answer any two questions ant it should not exceed 400 words 2 X 6 = 12

7. Write the causes of Sports injuries. CO2K2
8. Write about the signs and symptoms for Sprain and Strain. CO3K3
9. Write about the injuries Groin strain and Tennis elbow with prevention and treatment. CO1K2
10. Write about Cryotherapy. CO2K3

Part – C

Answer any one and it should not exceed 800 words

1 X12=12

11. Enumerate about Thermootherapy. CO3K3
12. Explain about Contrast bath and whirlpool bath. CO2K2