



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 (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment – I (August 2025)

Class : II BPED
Branch : Physical Education

Time : 2 Hours
Max. Marks: 60

23BPDE3A DSE III - Sports Medicine, Physiotherapy and Rehabilitation

Course Outcomes:

1. Understand the dimension and measurement of the games and Athletics.
2. Describe the rules and Regulations of the games and Athletics.
3. Apply the art of coaching the sports team.
4. Able to organize and officiate the Track and Field events.
5. Apply the concept of coaching and officiating.

Part A

6 x 1 = 6

Choose the Correct Answer

1. Sprain is the injury of
(i) Ligament (ii) Bone (iii) Muscle (iv) Tendon CO1K1
2. Which of the following is not considered as a part of injury rehabilitation?
(i) Movements (ii) Massage (iii) PNF (iv) Treatment CO1K2
3. First aid of injury means
(i) Treatment (ii) Observation
(iii) Decision Making (iv) All of the above CO1K2
4. Achilles tendon is found in which region?
(i) Elbow (ii) Ankle (iii) Hip (iv) Shoulder CO1K2
5. what is type of bandage usually tied at the joints such as elbows and ankles called? CO2K2
(i) capeline bandage (ii) figure of eight (iii) spica (iv) reverse spica
- 6 Which type of UV rays usually does not reach the Earth? CO1K2
(i) Ultraviolet A (UVA) (ii) Ultraviolet B (UVB)
(ii) Ultraviolet C (UVC) (iv) None of the options CO3K2

Part – B

3 X 6 = 18

Answer should not exceed 400 words or One Page

- 7.a) What is sports medicine ? CO1K1
(Or)
- 7.b) What is the figure of 8 bandage used for? Explain any two types? CO1K2
- 8.a) Which ray is used as a diagnostic tool in medicine ? Explain any two games CO2K2
(Or)
- 8.b) What do you mean by physiotherapy? CO2K2

- 9.a) Describe the Appropriate first aid care for loss of consciousness in play ground CO3K3
(Or)
9. b) Give the details of Guiding principles of Physiotherapy, CO4K3

Part – C

Answer the following

3 X 12 = 36

Answer should not exceed 800 words or one page

- 10.a) Explain the importance of sports medicine in the field of Physical Education and Sports. What measures would you take for management of ankle twist? CO1K2
(Or)
10.b) What are the various types of therapeutic modalities? What is Cryotherapy and how is it used for sports injury treatment? CO1K2
- 11.a) What skills does a physiotherapist need? CO2K2
(Or)
11.b) State the basic principles of physiotherapy and Importance of physiotherapy CO1K2
- 12.a) Write short notes on the following (any two): CO3K1
(a) Resisted Exercise (b) Rehabilitative exercise for ankle sprain
(c) Active Movements (d) warm up and Cooling down exercises.
(Or)
12.b) How would you prevent athletic injuries? What are the steps of pre-participation evaluation? CO2K3

Staff In charge : Mrs.V.Preethi

Total No. of Papers: 18