



Avinashilingam Institute for Home Science and Higher Education for Women

[Deemed to be university] Coimbatore-641043

Bachelor's Degree Examination - April 2019

VI Semester

Class : III UG

Time : 3 hrs

Major : Physical Education

Max. Marks: 100

15BPEC27 Sports Injuries and Physiotherapy

Part-A

10x1=10

Choose the correct answer

1. Identify the aim of first aid
 - a. Keep the animal alive
 - b. Prevent its condition getting worse
 - c. Assist in pain control
 - d. All of the above
2. State the key action involved in stopping any bleeding
 - a. Elevation
 - b. Cooling
 - c. Cleaning
 - d. Pressure
3. An example of an internal cause of injury is
 - a. Fatigue
 - b. Body Contact
 - c. Environmental temperature
 - d. Poor playing surface
4. Which of the following is not a type of fracture
 - a. Hairline
 - b. Greenstick
 - c. Compound
 - d. Contusion
5. To reduce the risk of injuries occurring we should
 - a. Warm up our body
 - b. Check the playing surface for sharp objects
 - c. Wear protective equipment
 - d. All of the above
6. A bone fracture is an example of which type of injury
 - a. Skin
 - b. Soft tissue
 - c. Hard tissue
 - d. None of these
7. A cut is an example of which type of injury
 - a. Skin
 - b. Soft tissue
 - c. Hard tissue
 - d. None of the above
8. Elevation helps reduce injury by
 - a. Reducing blood flow to the- area
 - b. Allowing white blood cells to be released to fight infection
 - c. Increasing blood flow to the- area
 - d. helping to support the weight to the limb
9. Identify which of the following terms does not describe a type of wound
 - a. Infused
 - b. Incised
 - c. Contused
 - d. Puncture
10. Using high frequency sound waves to treat deep tissue injury is also known as.....
 - a. TENS
 - b. Ultra sound
 - c. Laser Therapy
 - d. Short wave diathermy

: 2 :

PART-B

5X6=30

Answer the following

Answer should not exceed 400 words or two pages

11. (a) Define sports injuries and explain how to prevent sports injuries.
11. (b) Define physiotherapy and explain the importance of physiotherapy.
12. (a) What are the types of sports injuries and explain briefly.
13. (b) Write short notes on chronic injuries.
13. (a) Explain briefly Cryotherapy.
13. (b) Explain briefly sauna Bath and its benefits.
14. (a) Write short notes on passive and active exercise.
14. (b) Define active resisted exercise with examples.
15. (a) Define the term massage and explain briefly its history.
15. (b) Explain the psychological effects of massage.

PART-C

5X12=60

Answer the following

Answer should not exceed 800 words or four pages

16. (a) Explain how we can prevent sports injuries in the field of physical education.
16. (b) Explain the guiding principles of physiotherapy.
17. (a) Explain the signs and symptoms of open wounds.
17. (b) Explain the signs and symptoms of closed wounds.
18. (a) Explain briefly hydro therapy and thermotherapy.
18. (b) Write notes on Electrotherapy and its application.
19. (a) Explain the definition and classification of therapeutic exercises.
19. (b) List out the exercise programme to strengthen any injured parts which you are interested.
20. (a) Elucidate the techniques of Swedish massage.
20. (b) Explain the physiological effects of massage.