



Mavin

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 – April 2024

VI Semester

Class : III BSc

Major : Physical Education

Time : 2 hrs

Max. Marks : 60

21BPEC27 Sports Injuries and Physiotherapy

Course Outcomes:

CO1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.

CO2. Demonstrate the basics of sport first aid during and after game situation.

CO3. Recognise and appropriately treat common sports injuries and conditions from onset through rehabilitation.

CO4. Identify and apply knowledge of anatomy to the design and execution of research studies.

CO5. Able to collect and analyse data in a motor learning, exercise physiology, or other sports medicine lab settings.

Part A

6 x 1 = 6

Choose the correct answer

1. Which one is contra indication for whirlpool bath? CO1K1
a. Cold b. Fever c. Migraine d. Drowsiness
2. _____ is the light-based method to treat pain and inflammation CO2K1
a. Ultra sound b. Infra red c. Light d. All the above
3. It is an effective way to treat swelling of muscles, joints, and ligaments. CO2K1
a. Massage b. Bandaging c. Ultrasound d. Contrast bath
4. Exercise in which a person must exert force to complete a move. CO1K1
a. Passive b. Active c. Warm up d. Warm down
5. Active assisted exercises can be done with the _____ CO2K2
a. Weights b. External force c. bands d. Internal force
6. The act or art of treating the body by rubbing or kneading is _____. CO1K2
a. Patting b. Waxing c. Massage d. Waving

Part B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Write about Whirlpool bath. CO1K2
(or)
7. b. Write about steam bath. CO2K2
8. a. Explain Infrared rays. CO2K3
(or)
8. b. Explain Ultra violet rays. CO3K3
9. a. Write about Passive exercises CO3K4
(or)
9. b. Briefly write about the active exercises. CO4K4

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Explain active assisted and active resisted exercises. CO2K2
(or)
- 10.b. Explain exercise program to strengthen knee. CO2K2
- 11.a. Explain exercise program to strengthen shoulder. CO3K2
(or)
- 11.b. Write about the history of massage. CO3K3
- 12.a. Explain the effect of massage skin and circulatory system. CO4K3
(or)
- 12.b. Write and explain about any 4 manipulation. CO4K4

No. of Copies: 25

Name of the Staff: Dr.S.Akilandeswari