



Murugesu

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 12 B
Coimbatore-641 043, Tamil Nadu, India

Bachelor's Degree Examination - May 2023
VI Semester

Class: III UG/2019 Batch (Arrear)
Major: Physical Education

Time : 3 Hours
Max. Marks: 100

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 condition 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 setting.

Part A

10 x 1 = 10

Choose the Correct Answer

1. Which is the most common site of fracture in lower extremity?
a. Wrist b. Forearm c. Thigh d. Ankle CO2 K2
2. Which of these is a common injury to a shoulder?
a. Frozen shoulder b. Rotator cuff injury c. Dislocation d. All the above CO1 K1
3. Break in a bone as a result of injury of pathological weakness is called
a. Severe bleeding b. Dislocation c. Fracture d. Abrasion CO3 K3
4. Sprain is an injury of
a. Bone b. Ligament c. Muscle d. Tendon CO1 K1
5. In the treatment of sports injury, alternate use of cold and hot water is known as
a. Sitz bath b. Steam bath c. Sauna bath d. Contrast bath CO2 K2
6. Which one of the following is not the part of hydrotherapy?
a. Wax bath b. Cryotherapy c. Whirlpool bath d. Contrast bath CO3 K3
7. Active isolated stretching is:
a. Used to treat trigger points b. Used when ROM is good, pain free movement CO2 K2
c. Used as a warm-up d. Used when muscle spasm restricts joint movement
8. Cold applied for therapeutic purpose is called
a. Cryotherapy b. Crytology c. Thermo-therapy d. icing cubing CO4 K1
9. Which of the following type of stretching has been shown to increase injury in athlete?
a. Static b. Ballistic c. Dynamic d. PNF CO2K1
10. A pre event sports massage with the movements performed
a. Precisely b. Slower c. Faster d. Using heat CO2K1

Part B
Answer ALL questions

5 x 6 = 30

Each Answer should not exceed 400 words or two pages

- 11.a. Define sports injury and Describe importance of sports injury prevention. CO2 K2
(or)
- 11.b. Describe physiotherapy and its classification. CO1 K1
- 12.a. Describe the difference and similarities of Tennis Elbow and Golfer Elbow. CO3 K3
(or)
- 12.b. Write down the meaning of chronic injury and describe chronic injuries. CO2 K2
- 13.a. Write short notes on the following a) Whirl pool bath b. Sauna bath CO1 K2
(or)
- 13.b. Write short notes on the following a) Ultraviolet rays b. Shortwave diathermy CO2 K2
14. a. Describe stretching and strengthening exercise. CO3 K4
(or)
- 14.b. Describe active assisted exercise and active resisted exercise. CO2 K2
15. a. Define massage and describe history of massage. CO2 K1
(or)
- 15.b. Describe techniques of Swedish system. CO3 K2

Part C
Answer ALL questions

5 x 12 = 60

Each Answer should not exceed 800 words or four pages

16. a. Explain how are exercise used for prevention and management of sports injury. CO K
(or)
- 16.b. Explain guiding principles and importance of physiotherapy. CO3 K2
- 17.a. Explain top ten sports injuries. CO2 K2
(or)
- 17.b. Explain acute injury with cases, sign and symptoms. CO3 K1
18. a. Explain Hydrotherapy. CO3 K2
(or)
- 18.b. Explain Electrotherapy. CO2 K4
- 19.a. Explain therapeutic exercise and its classification. CO3 K3
(or)
- 19.b. Explain exercise programme to strengthen the injured parts. CO3 K4
20. a. Explain classification of manipulation (Swedish system). CO2 K3
(or)
- 20.b. Explain physiological effects of massage. CO2 K3
