



Mallikarjuna

**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 I – February 2024**  
**VI SEMESTER**

**Class : III B.Sc**  
**Major : Physical Education**

**Time : 2 hours**  
**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**

**Answer all the Questions**

**6 x 1 = 6**

- |  |                  |              |                  |       |
|--|------------------|--------------|------------------|-------|
| 1. Therapy means _____.                            |                  |              |                  | CO1K1 |
| a. Diagnosis                                       | b. Surgery       | c. Treatment | d. Medicine      |       |
| 2. Injuries occur during the involvement of _____. |                  |              |                  | CO2K1 |
| a. Learning  | b. Sports        | c. Activity  | d. All the above |       |
| 3. Father of Medicine.                             |                  |              |                  | CO2K1 |
| a. Gladdy  | b. Hippocrates   | c. Stewart   | d. Albert        |       |
| 4. Physiotherapy is also known as _____ therapy.   |                  |              |                  | CO1K1 |
| a. Physical  | b. Physiological | c. Cognitive | d. Emotional     |       |
| 5. Physio is the word derived from _____ word.     |                  |              |                  | CO2K2 |
| a. Latin   | b. Greek         | c. French    | d. English       |       |
| 6. Hydrotherapy is the treatment given by _____.   |                  |              |                  | CO1K2 |
| a. Ice   | b. Wax           | c. Water     | d. Waves         |       |

**Part - B**

**Answer all Questions**

**Each answer should not exceed 400 words or two pages**

**3 X 6 = 18**

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|--|-------|
| 7. a. Write about the preventive measures should be taken for Sports Injuries. | CO1K2 |
| (or)   |       |
| 7. b. Write the importance of Physiotherapy.                                   | CO2K2 |
| 8. a. Write about Acute injuries and explain.                                  | CO2K3 |
| (or)   |       |
| 8. b. Write about Chronic injuries and explain.                                | CO3K3 |
| 9. a. Write about the guiding principles of Physiotherapy                      | CO3K4 |
| (or)   |       |
| 9. b. Briefly write about the signs and symptoms of open wound.                | CO4K4 |

**Part - C**

**Answer all Questions**

**Answer any one and it should not exceed 800 words**

**1 X 12 = 12**

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|---|-------|
| 10.a. Explain the causes, signs and symptoms of Closed wound. | CO2K2 |
| (or)  |       |
| 10.b. Explain Common sports injuries.                         | CO2K2 |
| 11.a. Explain Exposed and Unexposed injuries.                 | CO3K2 |
| (or)  |       |
| 11.b. Write about Cryotherapy in detail.                      | CO3K3 |
| 12.a. Explain Thermotherapy in detail.                        | CO4K3 |
| (or)  |       |
| 12.b. Write about Contrast Bath in detail.                    | CO4K4 |