



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – November 2019
III Semester

Class: II B.P.Ed.

Time: 3 Hours
Max. Marks: 100

**18BPDE3A Discipline Specific Elective (DSE) – III: Sports Medicine,
Physiotherapy and Rehabilitation**

Part A 10 X 1 = 10

Choose the Correct Answer

1. A bicep curl using a dumbbell is an example of _____ exercises.
 - a. Isometric
 - b. PNF
 - c. Isokinetic
 - d. Isotonic
2. Which of the following is not a bone of the shoulder
 - a. Coccyx
 - b. Humerus
 - c. Scapula
 - d. Clavicle
3. What is an electrolyte disorder that a marathon runner way experience caused by ingesting large quantities of water and sweating over several hours
 - a. heat exhaustion
 - b. hyper thermia
 - c. heat cramps
 - d. hyponatremia
4. What is another name for "Flat foot"
 - a. pes cavus
 - b. pes planus
 - c. pes equine
 - d. hallux rigidus
5. Athletic training is
 - a. a specializatrion in sports medicine
 - b. primary purpose
 - c. electrolyte
 - d. passive movement
6. Electrotherapy is used for
 - a. body structure
 - b. relaxation of muscle
 - c. sunbath
 - d. sprain
7. Heat therapy also called as
 - a. thermotherapy
 - b. cryotherapy
 - c. hydrotherapy
 - d. metabolism
8. Massage technique administered in direction of
 - a. nerve
 - b. blood flow
 - c. muscle
 - d. joints
9. Isometric resisted hip flexion will affect pectiners through
 - a. autogenic inhibition
 - b. reciprocal inhibition
 - c. strength resistance
 - d. forearmur flexors
10. Endurance training is the ability to perform
 - a. high intensity prolonged time
 - b. low intensity short period
 - c. low intensity repetitive prolonged time
 - d. High intensity repetitive exercise

Part B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

- 11. a. Explain and types of bandages.
(or)
- 11. b. Write the difference between muscle strain and sprain.
- 12. a. Explain electrotherapy.
(or)
- 12. b. Define infrared rays.
- 13. a. Describe the steam bath.
(or)
- 13. b. List down the benefits of sun bath.
- 14. a. Write the classification of massage and explain it.
(or)
- 14. b. List down the physiological effects of massage.
- 15. a. List down the mobility exercises.
(or)
- 15. b. Enumerate the passive movements.

Part C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

- 16. a. Write the need and importance of sports injuries.
(or)
- 16. b. Write the injuries in basketball and what to do first aid & treatment for it.
- 17. a. List down the importance of physiotherapy.
(or)
- 17. b. Explain shortwave diathermy.
- 18. a. Write the history of massage.
(or)
- 18. b. Explain Swedish massage.
- 19. a. Enumerate the whirlpool bath.
(or)
- 19. b. Explain contrast bath.
- 20. a. Write the principles of therapeutic exercise for Hip and knee joints.
(or)
- 20. b. List down the uses of therapeutic exercise.
