



**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's Degree Examination – June 2021**  
**VI Semester**

**Class: III UG**  
**Major: Physical Education**

**Time : 3Hours**  
**Max. Marks: 100**

**18BPEC27 Sports Injuries and Physiotherapy**  
**Part A**

**Choose the Correct Answer**

**10 x1 = 10**

1. To reduce the risk of injuries occurring we should
  - a. Warm-up our body
  - b. wear protective equipment
  - c. both a and b
  - d. none of the above
2. For complete treatment or sports injuries one should depend upon
  - a. physiotherapy only
  - b. corrective exercise
  - c. both a and b
  - d. none of the above
3. Injuries occurred due to long duration of activity is
  - a. overuse injury
  - b. chronic injury
  - c. both a and b
  - d. Acute injury
4. Sprain are due to
  - a. tear a ligament
  - b. broken bone
  - c. injury of internal organ
  - d. none of the above
5. Immediate sport injuries are treated by
  - a. Cryo therapy
  - b. hydrotherapy
  - c. electrotherapy
  - d. Massage
6. Hot and cold treatment is called as
  - a. Whirlpool bath
  - b. Stream bath
  - c. Contrast bath
  - d. Sauna bath
7. Therapeutic exercise as bodily movement prescribed to
  - a. correct an impairment
  - b. improve musculoskeletal function
  - c. maintain a state of well-being
  - d. all the above
8. Active movement
  - a. Relaxed
  - b. Forced
  - c. Stretching
  - d. free movement
9. The therapeutic practice of manipulating the muscles and limbs to ease tension and reduce pain
  - a. Exercise
  - b. sports
  - c. massage
  - d. All the above
10. The word Effleurage is related to -
  - a. Massage
  - b. training
  - c. Weight training
  - d. All the above

**Part B**

**5 X 6 = 30**

**Answer the following questions**

**Answer should not exceed 400 words or two pages**

11.a. Explain the Guiding principles of physiotherapy..

(or)

11.b. Describe about Importance of physiotherapy.

12.a. Explain about strain and sprain.

(or)

12.b. Explain about any two types of Fracture.

13.a. Explain about contrast bath.

(or)

13.b. Explain about shortwave diathermy.

14.a. Explain the active resisted exercises.

(or)

14.b. Explain the active assisted exercises.

15.a Explain the History of massage.

(or)

15.b Describe about any two massage and its benefits.

**Part C**

**5 X 12 = 60**

**Answer the following questions**

**Answer should not exceed 800 words or four pages**

16.a. Explain about the prevention of sports injures..

(or)

16.b. Explain about the Guiding Principles and importance of physiotherapy in sports.

17.a. Explain various types of Fracture.

(or)

17.b. Describe about any four types of open Injuries.

18.a. Explain about ultraviolet rays and its benefits in sports.

(or)

18.b. Describe about various types of cryotherapy treatment.

19.a. Describe about therapeutic Exercises and its benefits.

(or)

19.b. Prepare a Training programme for to strengthen the injured parts.

20.a. Explain about Physiological effects of massage .

(or)

20.b. Explain about any four types of massage in your choices.

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