



K. Sambath

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 (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II –April 2026
VI Semester

Class : III BSc
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

23BPEC21 Athletic Care and Rehabilitation

Course Outcomes:

At the end of the course, students will:

1. Understand the prevention treatment and rehabilitation of athletic injuries .
2. Demonstrate the basics of sport first aid during and after games situation .
3. Recognize and appropriately to treat common sports injuries and conditions from onset through rehabilitation
4. Identify and apply knowledge of anatomy to the design and execution of research studies.
5. Able to collect and analyze data in motor learning , exercise physiology or other sports medicines lab Settings:

Part - A

6 x 1 = 6

Choose the Correct Answer

1. The excessive outward curvature of the thoracic spine is called
a. Lordosis b. Scoliosis c. Kyphosis d. Flat back CO1K3
2. Knock knee deformity is also known as
a. Genu varum b. Genu valgum c. Talipes d. Lordosis CO2K3
3. The manipulation technique used for relaxation is
a. Effleurage b. Friction c. Tapotement d. Vibration CO3K2
4. Cryotherapy is mainly used to
a. Increase body temperature b. Reduce pain and swelling
c. Increase flexibility d. Strengthen muscles CO1K3
5. Shortwave diathermy is a type of
a. Hydrotherapy b. Electrotherapy c. Exercise therapy d. Massage therapy CO2K1
6. Strapping and bandaging are mainly used for
a. Cosmetic purpose b. Joint support and protection c. Muscle growth d. Improving endurance CO3K2

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Explain the normal curves of the spine and their utility. CO3K2
(or)
7. b. Write the causes and corrective exercises for Scoliosis CO2K3
8. a. Explain the classifications of massage and its uses. CO1K3
(or)
8. b. Explain the principles of prevention of sports injuries. CO5K4
9. a. Describe the physiological and psychological effects of massage. CO4K3
(or)
9. b. Write short notes on Electrotherapy and Hydrotherapy. CO3K3

Part - C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Explain the deviations in posture such as Kyphosis, Lordosis, Flat back and their corrective measures including exercises CO2K3
(or)
10. b. Describe about Passive, Active, Assisted and Resisted exercises used in rehabilitation. CO3K3
11. a. Explain the history, benefits, indications and contraindications of massage. CO4K4
(or)
11. b. Discuss the care and treatment of exposed and unexposed injuries in sports. CO4K3
12. a. Explain the therapeutic modalities used in sports injury management CO1K4
(or)
12. b. Describe the principles and techniques of strapping and bandaging with examples. CO2K3