



N. Suresh

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 2022

VI Semester

Class : III UG
Major : Physical Education

Time: 3 hours
Max. Marks: 100

18BPEC27 Sports Injuries and Physiotherapy

PART A

10 x 1 = 10

Choose the Correct Answer

1. Sports Injuries can occur due to. CO1 K2
 - a. overtraining
 - b. lack and conditioning
 - c. improper technique
 - d. all the above
2. What piece of equipment is used to strengthen the CO2 K4
 - a. swiss ball
 - b. foam roller
 - c. punch bag
 - d. resistance tube
3. _____ is a cut that tears the skin and may also involve damage to the underlying tissues. CO3 K5
 - a. abrasion
 - b. laceration
 - c. puncture
 - d. avulsion
4. Over stretching or tearing of ligaments is a. CO2 K6
 - a. sprain
 - b. strain
 - c. swelling
 - d. dislocation
5. _____ is a type of therapy that involves taking baths in warm and cold water. CO3 K3
 - a. warm bath
 - b. vapour bath
 - c. contrast bath
 - d. whirlpool bath
6. Sauna bath is designed as CO4 K5
 - a. dry heat
 - b. wet heat
 - c. both a & b
 - d. wet cool
7. The range of motion exercises includes in different directions are known as CO2 K1
 - a. active exercise
 - b. passive exercise
 - c. assistive
 - d. resistive
8. The therapeutic exercise for leg strength is CO2 K4
 - a. wall squat
 - b. plank
 - c. sit-ups
 - d. calf raise
9. The massage that involve Distal to Proximal is CO3 K2
 - a. percussion
 - b. effleurage
 - c. both a & b
 - d. petrissage
10. What treatment should not use immediately after an injury like ankle sprain CO3 K2
 - a. Rest
 - b. Ice
 - c. Compression
 - d. Heat

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

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|---|--------|
| 11.a. Define sports injuries and explain its types.
(or) | CO1 K2 |
| 11.b. Describe about the need of physiotherapy in Sports. | CO1 K1 |
| 12.a. What are the classification of open Wounds.
(or) | CO2 K2 |
| 12.b. Describe about the acute injuries. | CO2 K1 |
| 13.a. Explain the techniques and treatment of Infra-red rays.
(or) | CO3 K4 |
| 13.b. Explain the techniques and treatment of Contrast bath. | CO3 K4 |
| 14.a. Explain any two types of active exercises and its benefits.
(or) | CO4 K2 |
| 14.b. Draw a chart for strengthening exercises. | CO4 K1 |
| 15.a. Write about the techniques of cryotherapy.
(or) | CO5 K3 |
| 15.b. Explain the history of massage. | CO5 K2 |

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

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| 16.a. Briefly explain about the prevention of sports injuries.
(or) | CO1 K4 |
| 16.b. Illustrate the Nature, scope and importance of physiotherapy. | CO1 K2 |
| 17.a. Explain any four types of chronic injuries and its treatment.
(or) | CO2 K4 |
| 17.b. Summarize the causes, signs and symptoms of closed wounds. | CO2 K2 |
| 18.a. Explain the treatment and techniques of ultraviolet rays.
(or) | CO3 K5 |
| 18.b. Describe about thermotherapy. | CO3 K5 |
| 19.a. Explain the exercises programme to strengthen the injury parts.
(or) | CO4 K2 |
| 19.b. Illustrate the techniques of assistive and resistive exercises with diagram. | CO4 K2 |
| 20.a. Explain any four classification of massage manipulation.
(or) | CO5 K2 |
| 20.b. Write about the physiological effects of massage with suitable example. | CO5 K6 |
