



Mulleruk.

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 II – April 2023
VI SEMESTER

Class : III BSc
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

18BPEC27 – Sports Injuries and Physiotherapy

Course Outcomes:

At the end of the course, students will:

1. Understand the primary responsibilities the sports trainer has in preventing sports injuries and providing initial care for injured athletes.
2. Demonstrate the basics of sport first aid during and after game situation.
3. Recognise and appropriately 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 analyse data in a motor learning, exercise physiology, or other sports medicine lab settings.

Part-A

6x1=6

Choose the correct answer

1. Therapy is also called as _____.
a. Violation b. Treatment c. Indication d. Precaution CO1K2
2. Exercise which involves a contraction of single muscles is _____ exercises.
a. Kinetic b. Kinematic c. Isolated d. Isometric CO2K2
3. The length of the muscle does not change during the exercise is _____.
a. Contraction b. Isometric c. Relaxation d. Resisted CO2K3
4. Use of electric energy for medical treatment is _____ therapy.
a. Hydro b. Elexito c. Traumatic d. Electro CO3K3
5. A type of integrated treatment which is used by kneads and rubs is _____.
a. Massage b. Stretching c. Massive d. Percussion CO4K3
6. The contraindication of massage is _____.
a. Warm down b. Pregnancy c. Warm Up d. Muscle Sprain CO5K4

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Write about Electrotherapy. CO2K3
(or)
7. b. Explain Infrared rays CO2K3
- 8.a. What is therapeutic exercises and write its importance. CO1K3
(or)
- 8.b. Write about Ultra violet rays. CO3K4
- 9.a Explain about Passive and Active exercise CO4K4
(or)
- 9.b. Explain the physiological effects of massage on skin . CO2K3

Part-C

3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Define massage and Explain the history of Massage. CO3K2
(or)
- 10.b. Elaborate the active resisted exercise with suitable diagrams. CO3K4
11. a. Explain the physiological effects of massage on circulatory and respiratory system. CO2K4
(or)
- 11.b. Elaborate the active assisted exercise with suitable diagrams. CO3K5
12. a.Explain the exercise program to strengthen the injured knee. CO3K3
(or)
12. b. Explain any four manipulations CO4K5

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Staff in-charge: Dr.S.Akilandeswari