



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 – July 2020

VI Semester

Class : III UG

Time : 2 Hours

Major : Physical Education

Max. Marks : 50

15BPEC27 Sports Injuries and Physiotherapy

Part A

10 x 1 = 10

Choose the Correct Answer

- The treatment of disease, injury, or deformity by physical methods such as massage, heat treatment, and exercise rather than by drugs or surgery
 - massage
 - physiotherapy
 - first aid
 - rehabilitation
- The science of athletic nutrition and conditioning, preventing and diagnosing athletic injuries and increasing performance.
 - Sports Medicine
 - Physiotherapy
 - Rehabilitation
 - First Aid
- The emergency procedure performed at the injured site is called as
 - sports medicine
 - rehabilitation
 - RICE
 - first aid
- Partial disposition of the joint from its articulating surfaces is called as
 - dislocation
 - fracture
 - subluxation
 - avulsion
- Paraffin will be used in
 - Cryotherapy
 - Whirlpool bath
 - Wax therapy
 - TENS
- Ice massage is related to
 - TENS
 - Whirlpool bath
 - Wax therapy
 - Cryotherapy
- A movement of the body of a patient performed by another without voluntary motion is called as
 - passive movements
 - active movements
 - active and passive movements
 - therapeutic exercise
- The therapy will be given by systematic and planned performance of body movement is called as
 - sports medicine
 - physiotherapy
 - massage
 - therapeutic exercise
- _____ involves working and acting on the body with pressure done manually or with mechanical aids.
 - Massage
 - Physiotherapy
 - First aid
 - Sports Medicine
- Decreases the angle between the bones of the limb at the joint is called as
 - rotation
 - extension
 - flexion
 - abduction

Part B

3 x 6 = 18

Answer any **Three** questions

Each answer should not exceed 400 words or two pages

11. Write about the procedures to prevent sports injuries.
12. Write about the guiding principles of Physiotherapy.
13. Briefly write any three open injuries.
14. Write a short notes on chronic injuries.
15. Write about the steam bath and contrast bath.
16. Write a short notes on infrared therapy and Shortwave diathermy.
17. Write the principles of Therapeutic exercise.
18. Write a short note on 'active' and 'passive' exercises.
19. Write the history of massage.
20. Briefly write the physiological effects of massage.

Part C

2 x 11 = 22

Answer any **Two** questions

Each answer should not exceed 800 words or four pages

21. Explain the need and importance of the study of Sports injuries in the field of Physical Education.
22. Discuss the need and importance of Physiotherapy to prevent and rehabilitate the sports injuries.
23. Explain about the causes, signs and symptoms of closed sports injuries.
24. Explain the acute injuries with examples.
25. Explain cryotherapy and hydrotherapy.
26. Explain thermotherapy and electrotherapy.
27. Prescribe the therapeutic exercise programme for Shoulder and Hips joints.
28. Prescribe the therapeutic exercise programme for Knee and Ankle joints.
29. Explain the classification of Massage.
30. Discuss the need and importance of massage for preventing and rehabilitating the sports injuries.
