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Reg. No.....

Name.....

B.P.Ed. DEGREE EXAMINATION, NOVEMBER 2023

Third Semester

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

(2015 Admission onwards)

Time : Three Hours

Maximum : 80 Marks

Part A

I. Answer any *nine* of the following. Each question carries 2 marks.

- (a) Labrum tear.
- (b) TENS.
- (c) Effleurage.
- (d) Blister.
- (e) Sauna.
- (f) Hot water fomentation.
- (g) Scalds.
- (h) Tendon.
- (i) Abrasion.
- (j) Hilotherapy .
- (k) Cupping therapy.
- (l) Dislocation.
- (m) Cartilage.
- (n) Forced stretching.

(9 × 2 = 18)

Part B

II. Write a short note on any *six* of the following. Each question carries 4 marks.

- (a) Percutaneous Electrical Nerve Stimulation.
- (b) Laceration and skin tears.





F 4564

- (c) Difference between condenser shortwave diathermy and induction shortwave diathermy.
- (d) Whirlpool bath.
- (e) Common injuries for knee.
- (f) Benefits of hot fomentation.
- (g) Types of bandages.
- (h) Phonophoresis .

(4 × 6 = 24)

Part C

III. Explain any *three* of the following. Each question carries 6 marks.

- (a) Explain the therapeutic exercise for wrist and fingers.
- (b) Explain massage manipulations.
- (c) Explain the common casualties and the first aid for them.
- (d) Explain the common sports injuries.
- (e) Explain the aims and objectives of sports medicine.

(3 × 6 = 18)

Part D

IV. Write an essay on any *two* of the following. Each question carries 10 marks.

- (a) Describe the active movements in therapeutic exercise.
- (b) Describe the physiological effects of body massage.
- (c) Describe the guiding principles of physiotherapy.
- (d) Explain the various ways of treating injury using water.

(2 × 10 = 20)

