



QP CODE: 24800611



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Reg No :

Name :

M.P.E.S DEGREE EXAMINATION, JANUARY 2024

Fourth Semester

MASTER OF PHYSICAL EDUCATION AND SPORTS

CORE - PE030401 - SPORTS MEDICINE

2020 Admission Onwards

087C2FDB

Time: 3 Hours

Weightage: 30

Part A (Short Answer Questions)

Answer any **eight** questions.

Weight 1 each.

1. What does the term 'sports medicine' encompass?
2. Explain Incision
3. What is the typical onset time for sub-acute injuries?
4. Briefly explain the importance of therapeutic exercises in the recovery process.
5. State two physiological effects of moist heat therapies.
6. Name one scenario where coordination training is particularly relevant.
7. What is the definition minor head injury?
8. Determine the effects of spinal injury.
9. Explain the difference between acute and chronic low back pain.
10. What are the Precautions and Preventive Measures for shine bone injuries ?

(8×1=8 weightage)

Part B (Short Essay/Problems)

Answer any **six** questions.

Weight 2 each.

11. Explain the importance of incorporating mobilization exercises into both pre- and post-workout routines.
12. What is gait analysis benefits?
13. What are 5 benefits of therapeutic exercise?
14. How does therapeutic exercise affect physical function?





15. Describe the importance of free hand exercises in maintaining overall mobility for individuals with head, neck, and spine injuries.
16. Discuss the role of strengthening exercises in preventing complications associated with spine injuries.
17. Explain the technique for strapping a simple elbow sprain.
18. Which muscle group plays a crucial role in hip stability and function, often affected in hip injuries?

(6×2=12 weightage)

Part C (Essay Type Questions)

*Answer any **two** questions.*

Weight 5 each.

19. Explain in detail the various therapies in sports medicine
20. What are the four classifications of spinal injuries? Explain.
21. How important is proper warm-up and stretching in reducing the risk of shoulder injuries?
22. What are the common types of Ankle Injuries and Mechanisms of Ankle Injuries in Sports?

(2×5=10 weightage)

