

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.E.S. DEGREE EXAMINATION – April 2019****Fifth Semester****SPORTS MEDICINE**

Time: Three hours

Maximum: 75 marks

PART – A (10 x 2 = 20 marks)Answer any **TEN** questions. All questions carry equal marks.

1. Define Sports medicine
2. Define Strain.
3. Define Contusion.
4. Define Abrasion.
5. Mention any two common sports injuries in shoulder joint.
6. Define Massage.
7. Give any two type of Massage.
8. Define Physiotherapy.
9. Define TENS.
10. Mention any two common Sports injuries in ankle joint.
11. Define Infrared radiation.
12. Define Cryotherapy.

PART – B (5 x 5 = 25 marks)Answer any **FIVE** questions. All questions carry equal marks.

13. Write the aim and objectives of Sports Medicine.
14. Explain the rehabilitative aspect of Sports Medicine.
15. Explain the causes and symptoms of head injuries.
16. Explain the various stages of Rehabilitation in neck.
17. Explain the various stages of Rehabilitation in wrist injury.
18. Explain the types of massage.
19. Explain about the Short wave diathermy and Micro wave diathermy.
20. Explain the contrast bath.

PART – C (3 x 10 = 30 marks)Answer any **THREE** questions. All questions carry equal marks.

21. Explain the need and importance of Sports Medicine.
22. Explain the causes, sign and symptoms of Knee Injuries.
23. Explain the various stages of Rehabilitation in ankle and foot injury.
24. Explain the role physiotherapy in Sports Injury.
25. Explain the following a) Ultra violet b) Ultra sound c) TENS.
