

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.Ed. DEGREE EXAMINATION – April 2019****Third Semester****SPORTS MEDICINE, PHYSIOTHERAPY AND FIRST AID**

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. What is laceration?
3. List any two types of fracture.
4. What is physiotherapy?
5. Define thermotherapy.
6. List any two types of therapeutic exercises.
7. Define tapotement.
8. What are diuretics?
9. Name any two first –aid box articles required by a first aider.
10. What is a bandage?
11. Give the full form of P.R.I.C.E.
12. What are poisons?

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

13. Explain the objectives of sports medicine.
14. Briefly discuss the importance of physiotherapy.
15. What are the precautionary measures for hydrotherapy?
16. Briefly explain any two techniques of Swedish massage.
17. Briefly describe various types of dressing.
18. Explain the procedures of first – aid for animal bites.
19. Write short notes on beta-blockers.
20. Write short notes on diagnosis of sprain and strain.

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

21. Discuss the contribution of physical education teachers and coaches in athletes care rehabilitation.
22. Explain the role of physiotherapy in protection for sports persons.
23. Explain the treatment method and precaution for electrotherapy.
24. What is massage? Explain the physiological benefits of massage.
25. Explain the first aid and emergency treatment for fracture.
