

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**  
**(Deemed to be University)**  
**B.P.E.S DEGREE EXAMINATION - November 2019**  
**First Semester**  
**SPORTS FIRST AID**

Three Hours

Maximum: 70 marks

**PART - A****Answer any TEN question:****(10\*2=20)**

1. What is mean by sports injuries?
2. Write Short notes on aims of first aid.
3. What is the action of first aider at emergency situation?
4. Define Gauze dressings.
5. Write uses of linen roller bandages.
6. What is wound?
7. What is contused wound?
8. Define Bleeding.
9. What is spine fracture?
10. What is rib fracture?
11. Define strain.
12. Give two example technical factors in overuse injuries.

**PART - B****Answer any FIVE question:****(5\*4=20)**

13. Explain emergency action plan of DRSABCD.
14. Write short notes about rules of first aid.
15. Explain dressing and its types.
16. Explain applying the sling for upper parts of the body.
17. Explain the First aid treatment techniques for contused wound and lacerated wound.
18. Explain the bleeding its types and its management.
19. Explain the first aid management fractures of fingers.
20. Explain the first aid management of sprain.

**PART - C****Answer any THREE question:****(3\*10=30)**

21. Briefly explain Principles and practice of first aid for sports injuries.
22. Briefly explain First aid techniques for dressing, types of dressing and application of dressing for sports injuries.
23. Briefly explain First aid techniques for bandages, types of bandages and application of tying the bandages for sports injuries.
24. Briefly explain First aid techniques for bleeding its types and its management
25. Briefly explain first aid management for fractures of rib and pelvis.



