

**VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM****B.P.Ed. DEGREE EXAMINATION – November 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. What are sports injuries?
2. What is sports medicine in physical education?
3. What is fracture?
4. Define the term 'physiotherapy'.
5. What is electrotherapy?
6. Define therapeutic exercises.
7. What is doping?
8. What are the basic manipulations used in massage?
9. Define first aid.
10. What is bandage in first aid?
11. List any two first-aid box articles required by a first-aider.
12. What is rehabilitation?

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

13. Briefly discuss the aims and objectives of sports medicine.
14. Briefly explain any two types of fracture and treatment procedures.
15. Write short notes on the role of physiotherapy in protection for sports persons.
16. What are the precautionary measures for thermotherapy?
17. Write short notes on the history of massage.
18. Briefly describe various types of bandages.
19. Briefly explain any two types of first-aid procedures.
20. Write short notes on the physiological benefits of massage.

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

21. List the most common sports injuries and explain their diagnostic procedures.
22. Explain the guiding principles of physiotherapy in detail.
23. What is hydrotherapy? Explain the treatment method and precautionary measures for hydrotherapy.
24. Explain the effects of the following: (i) anabolic steroids, (ii) caffeine and (iii) diuretics.
25. Explain the first-aid and emergency treatment for electric shocks.

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