

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.Ed. DEGREE EXAMINATION – November 2018****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 injuries.
2. What is contusion?
3. Define fracture.
4. What is physiotherapy?
5. List any two types of hydrotherapy.
6. Define electrotherapy.
7. What is massage?
8. What is doping?
9. List any two types of first aid.
10. Name any two kinds of bandages.
11. Define first-aid.
12. What is rehabilitation?

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

13. Briefly discuss the importance of sports medicine.
14. Briefly explain the role of physiotherapy in protection for sportsperson.
15. Describe the treatment method of thermotherapy.
16. Write short notes on the history of massage.
17. Briefly explain the first-aid box articles required by a first aider.
18. Explain the guiding principles of physiotherapy.
19. Write short notes on prevention of injuries in sports.
20. Write short notes on anabolic steroids.

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

21. Explain the diagnosis of any two common sports injuries.
22. Explain various types of fractures in detail.
23. What are therapeutic exercises? Explain their various types.
24. Explain the classification of massage manipulation.
25. Explain the procedures of first-aid and emergency treatment for electric shocks.
