THIRD YEAR B.P.Ed. DEGREE EXAMINATION, APRIL 2021
BPE3 T16 - SPORTS MEDICINE
(2015 Admissions - Regular)

Time: Three Hours   Maximum: 75 Marks

Answer any three questions from **Part –A.**
Any *one* question from **Part-B.** Question from **Part C** is Compulsory

PART A

1. Write on brief understanding regarding special problems related to female athletes.

(1 × 15 = 15 Marks)

2. Briefly explain the following:

    a. Hamstring strain rehabilitation.

    b. Sprain.

    c. Importance of sports medicine.

(3 × 5 = 15 Marks)

3. Briefly explain the following:

    a. Types of fractures.

    b. Concussion.

    c. Laceration.

(3 × 5 = 15 Marks)

4. Briefly explain the following:

    a. Whirlpool.

    b. Tennis elbow rehabilitation.

    c. Dislocation.

(3 × 5 = 15 Marks)

5. Explain the aims, objectives and scope of sports medicine.

(1 × 15 = 15 Marks)

PART B

6. Explain prevention and management of heat cramp, heat fatigue, heat exhaustion and heatstroke.

(1 × 15 = 15 Marks)

7. Explain the following:

   a. Carbohydrate loading.

   b. Types of knee injuries.

   c. Soft tissue injuries.

(3 × 5 = 15 Marks)

PART C

8. Write short notes on any *five* of the following:

   a. First Aid.

   b. Blisters.

   c. Doping.

   d. IOC

   e. Causes of shin splints.

   f. Frostbite.

   g. Transportation of spine injured athlete.

   h. Indications and contraindications of infrared.

(5 × 3 = 15 Marks)

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