

16BP35

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Name.....

Reg. No.....

THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2019

(Regular/Improvement/Supplementary)

CC15U BPE3 T16 - SPORTS MEDICINE

(2015 Admissions onwards)

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. Define Sports Medicine. Explain the need, scope and importance of Sports Medicine.

(1 x 15 = 15 Marks)

Briefly explain the following:

2. a. Types of Injuries in sports.
b. Aims of First aid.
c. Burns and blisters.

(3 x 5 = 15 Marks)

3. a. Avulsion Fracture.
b. Traction.
c. Abrasion.

(3 x 5 = 15 Marks)

4. a. Shock.
b. Paraffin wax bath.
c. Ultrasound therapy.

(3 x 5 = 15 Marks)

5. Discuss the therapeutic modalities in Sports medicine.

(1 x 15 = 15 Marks)

Part - B

6. Explain the procedure, indications and contraindications of infrared treatment.

(1 x 15 = 15 Marks)

7. Explain the following:

- a. Explain Pregame meals.
b. Explain ergogenic aids.
c. Explain the meaning of Physical rehabilitation.

(3 x 5 = 15 Marks)

Part – C

8. Write Short notes on any *five* of the following.
- a. Sprain.
 - b. Contusion.
 - c. WADA
 - d. Rehabilitation.
 - e. Tendonitis.
 - f. Heat Cramp.
 - g. Fatigue.
 - h. Carbohydrate Doping.

(5 x 3 = 15 Marks)
