

22BP35

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Name:

Reg. No:

THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2025

(Regular/Supplementary/Improvement)

CC15U BPE3 T16 / CC19U BPE3 T16 – S PORTS 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. Briefly discuss about head injury and spine injury including their assessment, management and rehabilitation?

(1 × 15 = 15 Marks)

Briefly explain the following:

2. a. Sprain
b. What is Heat cramp and explain its Prevention and management.
c. Aims of Sports medicine

(3 × 5 = 15 Marks)

3. a. Explain Physiological effects of heat and cold
b. Tennis elbow
c. Explain ergogenic aids

(3 × 5 = 15 Marks)

4. a. Need of sports medicine
b. Types of Fractures
c. Paraffin Wax

(3 × 5 = 15 Marks)

5. What is CPR and How to perform CPR (Cardiopulmonary Resuscitation)

(1 × 15 = 15 Marks)

Part – B

6. Explain in detail about Factors in the prevention of sports injuries.

(1 × 15 = 15 Marks)

7. Explain the following:

- a. Contusion
- b. Whirlpool therapy
- c. Female Athletes Triad

(3 × 5 = 15 Marks)

Part – C

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

- a. Abrasion
- b. Hypothermia
- c. Meaning of Balanced Diet
- d. Blood doping
- e. Low back pain
- f. Role of WADA
- g. Strain
- h. Blister

(5 × 3 = 15 Marks)
