

23BP35

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Name:

Reg. No:

THIRD YEAR B.P.E. (INTEGRATED) DEGREE EXAMINATION, APRIL 2026

(Regular/Supplementary/Improvement)

CC15UBPE3T16 / CC19UBPE3T16 - SPORTS MEDICINE

(2015 Admissions onwards)

Time: Three Hours

Maximum: 75 Marks

PART A

Answer any **one** question. The question carries 15 marks.

1. Discuss the aims, objectives, scope and importance of Sports Medicine
2. Explain CPR procedure in detail

(1 × 15 = 15 Marks)

PART B

Answer **all** questions. Each question carries 5 marks.

Explain the following:

3. Differentiate fracture and dislocation. Write the general principles of first aid.
4. Explain strains, sprains and overuse injuries with common causes, signs/symptoms and immediate management (RICE).
5. Explain the physiological effects of heat and cold on tissues.

(3 × 5 = 15 Marks)

PART C

Answer all questions. Each question carries 5 marks.

Explain the following:

6. Explain types knee injuries.
7. Write the immediate management and phase-wise rehabilitation programme for ankle sprain.
8. Explain proximate principles of diet.

(3 × 5 = 15 Marks)

PART D

Answer **all** questions. Each question carries 1 mark.

Fill in the blanks:

9. The immediate management protocol for acute soft tissue injury is summarized as _____.
10. Overstretching injury to ligaments around a joint is called _____.

11. The electrotherapy modality commonly used for pain relief by stimulating peripheral nerves is _____.
12. Abnormally low core body temperature due to cold exposure is termed _____.
13. The international agency that publishes and updates the Prohibited List in sport is _____.

(5 × 1 = 5 Marks)

PART E

Answer **all** questions. Each question carries 1 mark.

State True or False:

14. Concussion should be suspected even without loss of consciousness.
15. Heat stroke is a medical emergency with CNS dysfunction and very high core temperature.
16. Therapeutic ultrasound is contraindicated over areas with impaired sensation.
17. Carbohydrate loading is mainly used to increase muscle glycogen for endurance events.
18. Female athlete triad includes high bone mineral density as one of its components.

(5 × 1 = 5 Marks)

PART F

Answer **all** questions. Each question carries 1 mark.

Write answer in one word:

19. Bruise caused by a direct blow to soft tissue.
20. Partial or complete displacement of bones at a joint.
21. Overuse injury of the Achilles tendon.
22. Pain along the medial tibia due to repetitive stress is commonly called _____.
23. Emergency procedure for an unresponsive athlete with no breathing and no pulse.
24. Pre-event diet strategy used to maximize muscle glycogen stores.
25. Local cold injury resulting from freezing of tissues.
26. Expand: WADA.
27. Expand: NADO.
28. Expand: FIMS.

(10 × 1 = 10 Marks)

PART G

Answer **all** questions. Each question carries 1 mark.

Match the Following:

- | | | |
|--------------|---|--|
| 29. Abrasion | - | a. Heat illness with heavy sweating, weakness and dizziness |
| 30. Fracture | - | b. World body that oversees anti-doping code and the Prohibited List |

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- | | | |
|--------------------------|---|--|
| 31. Sprain | - | c. Superficial heat modality used for chronic stiffness |
| 32. RICE | - | d. Superficial scraping of skin |
| 33. Paraffin wax bath | - | e. Electrical stimulation used for pain relief |
| 34. TENS | - | f. Disordered eating, menstrual dysfunction and low bone mineral density |
| 35. Heat exhaustion | - | g. Break in the continuity of bone |
| 36. Female athlete triad | - | h. Rest–Ice–Compression–Elevation |
| 37. Ergogenic aids | - | i. Substances/methods used to enhance performance |
| 38. WADA | - | j. Acute ligament injury around a joint |

(10 × 1 = 10 Marks)

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