

19BP35

(Pages: 2)

Name:

Reg. No:

THIRD YEAR B.P.Ed. DEGREE EXAMINATION, APRIL 2022

(Regular/Supplementary/Improvement)

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.** Questions from **Part C** is Compulsory.

Part - A

1. Define Sports Medicine and describe the scope of Sports Medicine.
(1 × 15 = 15 Marks)
2. Briefly explain the following:
 - a. Sprain.
 - b. Types of wound.
 - c. Soft tissue injuries.(3 × 5 = 15 Marks)
3.
 - a. Abrasion.
 - b. Types of fractures.
 - c. Overuse injuries.(3 × 5 = 15 Marks)
4.
 - a. Shock.
 - b. Internal injuries.
 - c. Whirlpool therapy.(3 × 5 = 15 Marks)
5. Discuss the therapeutic modalities in Sports medicine.
(1 × 15 = 15 Marks)

Part - B

6. Explain the procedure, indications and contraindications of Ultra sound therapy.
(1 × 15 = 15 Marks)
7. Explain the following:
 - a. Tennis elbow.
 - b. Types of knee injuries.
 - c. Management of heat cramps.(3 × 5 = 15 Marks)

Part – C

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

a. Nutrition for athlete.

b. Cryotherapy.

c. IOC

d. Pregame meal.

e. Tendonitis.

f. Ergogenic aids.

g. Fatigue.

h. Doping.

(5 × 3 = 15 Marks)
