

20BP35

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Name:

Reg. No:

THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2023

(Regular/Supplementary/Improvement)

CC15U BPE3 T16 / CC19U 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 and explain the aim and objectives of sports medicine.
(1 × 15 = 15 Marks)
2. Briefly explain the following:
 - a. The need of sports medicine.
 - b. Aim and objectives of first aid.
 - c. Soft tissue injuries.(3 × 5 = 15 Marks)
3.
 - a. Green stick fracture.
 - b. Superficial bleeding.
 - c. Burns and blisters.(3 × 5 = 15 Marks)
4.
 - a. Overuse injuries.
 - b. Dislocation.
 - c. Whirlpool bath.(3 × 5 = 15 Marks)
5. Discuss prevention of sports injuries.
(1 × 15 = 15 Marks)

Part – B

6. Explain the physiological effect of heat and cold.
(1 × 15 = 15 Marks)
7. Explain the following:
 - a. Explain therapeutic modalities in sports medicine.
 - b. Explain the contraindication of infrared lamps.
 - c. Explain the causes of shin pain.(3 × 5 = 15 Marks)

Part – C

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

- a. Sprain.
- b. Fracture.
- c. TENS unit
- d. Paraffin bath.
- e. Fatigue.
- f. Rehabilitation.
- g. Tendonitis.
- h. Blood doping.

(5 × 3 = 15 Marks)
