

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.E.S. DEGREE EXAMINATION – November 2018****Fifth Semester****SPORTS MEDICINE**

Time: Three hours

Maximum: 75 marks

PART – A (10 x 2 = 20 marks)Answer any **TEN** questions. All questions carry equal marks.

1. Define Sports medicine
2. Define Sprain.
3. Define Contusion.
4. Define Abrasion.
5. Mention any two common sports injuries in Knee joint.
6. Define Cramp.
7. Give any two type of Massage.
8. Define Physiotherapy.
9. Define TENS.
10. Mention any two common Sports Massages for injuries.
11. Define Cryotherapy.
12. Define Rehabilitation.

PART – B (5 x 5 = 25 marks)Answer any **FIVE** questions. All questions carry equal marks.

13. Write the Need and Importance of Sports Medicine.
14. Explain the Preventive aspect of Sports Medicine.
15. Explain the causes, sign and symptoms of Shoulder Injuries.
16. Explain the various stages of Rehabilitation in Elbow.
17. Describe the classification of massage.
18. Explain the Physiological effect of Massage.
19. Explain the Techniques for using a Whirlpool Bath.
20. What is Infrared Radiation? How Infrared Radiation is used in sports injuries.

PART – C (3 x 10 = 30 marks)Answer any **THREE** questions. All questions carry equal marks.

21. Explain the aims and objectives of Sports medicine.
22. Explain the causes, sign and symptoms of Head Injuries.
23. Explain the various stages of Rehabilitation in Arm and Elbow.
24. Describe the role of physiotherapy in Sports injuries.
25. Explain the following Cryotherapy a)Ice pack b)Ice massage.
