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**Reg. No. :** .....

**Code No. : 30491 E      Sub. Code : JSPE 3 A/  
SSPE 3 A**

B.Sc. (CBCS) DEGREE EXAMINATION,  
NOVEMBER 2020.

Third Semester

Physical Education

Skill Based Subject – SPORTS MEDICINE

(For those who joined in July 2016 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. The recognized person to give sports medicine is
  - (a) Physical education teacher
  - (b) Doctor
  - (c) Sidha doctor
  - (d) Physiotherapist

2. Preventive measures taken in order to avoid injury is called
- (a) Technique                      (b) Tractics  
(c) Prevention                    (d) First aid
3. The following is the best exercise for heart patient
- (a) Walking                        (b) Jogging  
(c) Skipping                       (d) Cycling
4. Endurance can be improve by
- (a) Jogging                        (b) Swimming  
(c) Cycling                        (d) All the above
5. Male will be more growth than female in the age of
- (a) 6 – 8                            (b) 8 – 10  
(c) 11 – 15                        (d) None of the above
6. Fat mass will be more for
- (a) Male  
(b) Sports man  
(c) Female  
(d) None sports man

7. Continuous rubbing over the surface of the skin is called
- (a) Laceration
  - (b) Skin avulsion
  - (c) Bulisters
  - (d) None
8. Muscle contraction is usually rated by the extend of the
- (a) Tissue
  - (b) Muscle
  - (c) Ligament
  - (d) All of these
9. Therapeutic exercise builds up
- (a) Hypertonic muscle
  - (b) Smooth muscle
  - (c) Weak muscle
  - (d) None
10. Types in bandage are
- (a) 4
  - (b) 6
  - (c) 7
  - (d) 5

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Define sports medicine.  
Or  
(b) Explain about aerobic dance.
12. (a) Define prevention.  
Or  
(b) What are the preventive measure will be taken care before basket ball match?
13. (a) Explain the need of RICE.  
Or  
(b) Explain the scope of sports medicine.
14. (a) What is mean by contusions?  
Or  
(b) Write down the caution of cramps.
15. (a) Define sports physiotherapy.  
Or  
(b) What are the main types of therapeutic exercise?

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Explain the role of walking and jogging in developing physical fitness.

Or

- (b) Explain the physiological effects of swimming.

17. (a) Define drugs and explain various stimulants.

Or

- (b) Define doping and explain various doping.

18. (a) Explain the different joint injuries.

Or

- (b) How the sports medicine helps to players?

19. (a) What is muscle cramp? And explain the cause of muscles cramp.

Or

- (b) Explain the major causes and prevention for dislocation in sports.

20. (a) Define physiotherapy and write down the methods are used in physiotherapy.

Or

- (b) Write down the effects and benefits of free exercise.
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