

(6 pages)

Reg. No. : .....

Code No. : 10396 E Sub. Code : AMPE 61

B.Sc. (CBCS) DEGREE EXAMINATION,  
APRIL 2023

Sixth Semester

Physical Education — Core

ATHLETIC CARE SPORTS INJURIES AND  
REHABILITATION

(For those who joined in July 2020 only)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Which is the most common site of fracture in lower extremity?
  - (a) Wrist
  - (b) Forearm
  - (c) Thigh
  - (d) Ankle

2. A fracture where the broken ends of both the bones drive into one another

- (a) Stress fracture
- (b) Spiral fracture
- (c) Compound fracture
- (d) Impacted fracture

3. A condition in which a twist, pull and/or tear of a muscle and/or tendon occur is

- (a) sprain
- (b) overuse injury
- (c) strain
- (d) contusion

4. ABC of first — aid is stands for

- (a) Airway, Bandage and Call medical emergencies
- (b) Airway, Breathing and circulation
- (c) Ambulance, Bandage and circulation
- (d) Airway, Breathing and call medical emergencies

5. Complete dislocation of the articular surface of the joints is called

- (a) Dislocation
- (b) sprain
- (c) subluxation
- (d) strain

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6. Rehabilitation of sports is done using
  - (a) Hydrotherapy
  - (b) corrective exercise
  - (c) cryotherapy
  - (d) weight training
7. F.I.M.S stands for
  - (a) Federation of Indian Medicine and Surgery
  - (b) Federation International of Medicine and Sports
  - (c) International Federation of Medico sportive
  - (d) Federation International de Medico sportive
8. Immediate symptom of sprain ankle is
  - (a) Bleeding
  - (b) oedema
  - (c) dislocation
  - (d) fracture
9. Which of the following comes under the category of wound?
  - (a) Abrasion
  - (b) fracture
  - (c) tennis elbow
  - (d) dislocation
10. Wound caused by a sharp object such as knife, razor or broken glass is
  - (a) Puncture wound
  - (b) incision wound
  - (c) laceration
  - (d) abrasion

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### PART B — (5 × 5 = 25 marks)

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

Each answer should not exceed 250 words.

11. (a) Write the aims and objectives of sports medicine.  
Or  
(b) Write about the scope of sports medicine.
12. (a) Define soft tissue injury and types soft tissue injury.  
Or  
(b) Explain briefly fracture and dislocation.
13. (a) Explain the aim and objectives of first aid.  
Or  
(b) Describe the PRICE protocol principles.
14. (a) Discuss on hot and cold application.  
Or  
(b) Briefly explain exposed injury.

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15. (a) Briefly explain the objectives of corrective physical education.

Or

- (b) Briefly explain the standard of standing position.

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 concept of sports medicine.

Or

- (b) Write the need and importance of sports medicine in the field of physical education.

17. (a) Classify sports injuries, Explain PRICE procedure as a treatment of soft tissue injuries.

Or

- (b) Explain the symptoms and treatment of dislocation and preventive measures for dislocation.

18. (a) Define fracture and explain its types and the first aid for fracture.

Or

- (b) Explain the first aid management for shock.

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19. (a) Explain the role of strapping for sports injuries.

Or

- (b) Explain the pertaining to the prevention of sports injury.

20. (a) What are the causes of bad posture? Explain detail.

Or

- (b) What is posture? Explain the benefits of corrective posture.
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