

B.P.Ed.-III

Ed(BP)-3rd Sm.-Sports Medicine etc./EC-301

2024

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Course : EC-301

Full Marks : 70

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Define sports medicine and state its objectives. Write the historical background of sports medicine in brief. Describe the status of sports medicine as a discipline. 5+5+5

Or,

Describe the causes, symptoms and management of a shoulder injury. Elaborate the different doping methods and their adverse effects on health. 6+9

2. Write the contribution of physiotherapy to sports injury rehabilitation. Describe the guiding principles of therapeutic modalities. How cryotherapy is used to treat sports injuries? 5+6+4

Or,

Write the meaning of therapeutic modalities and mention its types. Explain the various methods of thermotherapy used for injury management. (2+3)+10

3. What are the general principles of massage? Explain Petrissage and Percussion type of massage techniques. Enlist protective and supportive equipments used by sports persons. 5+5+5

Or,

What are the uses of taping and padding to prevent sports injuries? Differentiate between warming up and conditioning. Mention emergency care and first-aid for unconsciousness. 5+5+5

4. Write notes on the following (*any two*) : 7½×2

- (a) Meaning and goals of Rehabilitation
- (b) Importance of therapeutic exercises
- (c) Active and passive movements
- (d) Mobility exercises for injury rehabilitation.

5. Answer the following questions by choosing the correct option and write it on your answer-script (*any ten*) : 1×10

- (a) Training or therapy given by proper guidance, counselling and physical exercise to mainstream the individual back to normal life is

(i) physiotherapy

(ii) rehabilitation

(iii) massage

(iv) tissue healing effect.

**Please Turn Over
(0566)**

- (b) One of the following which is a mobility exercise is
- (i) Myofascial release
 - (ii) Deep tissue massage
 - (iii) Yoga
 - (iv) All of these.
- (c) Disturbance of a bone from its original place of state in the joint is called
- (i) fracture
 - (ii) dislocation
 - (iii) disability
 - (iv) arthritis.
- (d) The technique of massage which is not a pressure manipulation in massage therapy is
- (i) Kneading
 - (ii) Stroking
 - (iii) Friction
 - (iv) Petrissage.
- (e) A method of pain relief involving the use of a mild electrical current is
- (i) NMES
 - (ii) TENS
 - (iii) MRI
 - (iv) MENS.
- (f) A modality of therapy which uses cold and hot water with differential temperature is called
- (i) Hubbard Bath
 - (ii) Hydro collator Pack
 - (iii) Contrast Bath
 - (iv) Whirlpool Bath.
- (g) One of the following which is not a principle of therapeutic modalities?
- (i) Help muscle activation
 - (ii) Improve tissue healing
 - (iii) Increase muscle spasm
 - (iv) Non-Invasive treatment.
- (h) The examples of two soft tissue injury are
- (i) Fracture and Contusion
 - (ii) Sprain and Strain
 - (iii) Abrasion and Fracture
 - (iv) Strain and Dislocation.
- (i) In sports injury rehabilitation the 'PRICE' principles stand for
- (i) Prevention, Rest, Ice, Compression, Elevation
 - (ii) Protection, Rest, Ice, Compression, Elevation
 - (iii) Protection, Rest, Ice, Compression, Evacuation
 - (iv) Protection, Rest, Ice, Compensation, Elevation.
- (j) A, B, C in first-aid stand for
- (i) Airway, Bathing and Circulation
 - (ii) Airway, Blocking and Compression
 - (iii) Airplane, Breathing and Circulation
 - (iv) Airway, Breathing and Congestion.

- (k) Application of heat for the therapy of the injuries is termed as
- (i) Hydrotherapy
 - (ii) Cryotherapy
 - (iii) Electrotherapy
 - (iv) Thermotherapy.
- (l) The banned drugs mostly used by the strength and power athletes to increase their muscle power and muscle mass is
- (i) Beta Blockers
 - (ii) Diuretics
 - (iii) Anabolic Steroids
 - (iv) Narcotics.
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