

**BACHELOR OF PHYSICAL EDUCATION EXAMINATION, 2023**

( 2nd Year, 3rd Semester )

**SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION**

**PAPER - EC - 301**

Time : Three hours

Full Marks : 70

*Mention the Question number clearly before writing the answer.*

**Group - A**

Answer *any three* questions: 15×3=45

1. Define strain and sprain. Explain different grades of strain and sprain. Discuss overall management of sports injuries. 2+2+6+5=15
2. Write the classification of sports injury. Discuss types, cause, symptoms and rehabilitative management of shin splints. 3+12=15
3. Write down the meaning and types of physiotherapy. Explain the need and importance of the concept of sports medicine in physical education and sports science. "Exercise is Medicine" – Discuss. 2+7+6=15
4. Explain the meaning of rehabilitation. Describe the types of therapeutic exercise in detail. 3+12=15
5. Write a note on prevention strategy for various common sports injuries. Elaborate on the guiding principles of massage and give the classification of massage. 8+7=15

**Group - B**

Write short notes (*any two*) : 7½×2=15

6. Muscle Pull
7. Guiding principles of therapeutic modalities
8. Drugs used in Sports
9. Thermotherapy

**Group - C**

10. Write the correct option (*any ten*) : 1×10=10
  - i) Training or therapy is given by proper guidance counselling, physical exercise to mainstream the individual back to normal life is .....
    - (a) Physiotherapy
    - (b) Rehabilitation
    - (c) Massage
    - (d) Tissue Healing effect
  - ii) Which of them is not a petrissage type of pressure manipulation .....
    - (a) Kneading
    - (b) Skin rolling
    - (c) Wringing
    - (d) Picking up

[ Turn over

- iii) ..... nervous system and skin receptors when cooled the pain sensation is reduced by treatment through cryotherapy.
- (a) Central (b) Peripheral  
(c) Sympathetic (d) Parasympathetic
- iv) Paraffin bath is an example of .....
- (a) Convection heating (b) Conductive heating  
(c) Conversion heating (d) Radiation heating
- v) Which of the following is not a mobility exercise :
- (a) Myofascial release (b) Deep tissue massage  
(c) Yoga (d) Range of motion exercise
- vi) Mechanical agent of therapeutic exercise :
- (a) Ice packs (b) Infrared Radiation  
(c) Diathermy (d) Traction
- vii) Deep Tissue Massage is a type of ..... exercise.
- (a) therapeutic (b) mobility  
(c) rehabilitative (d) p-assive
- viii) Massage therapy increases ..... in the congested area.
- (a) muscle mass (b) blood circulation  
(c) muscular strength (d) body toxins
- ix) Dystrophy of the muscle occurs due to :
- (a) lack of physical activity (b) lack of muscle mass  
(c) lack of nutrition (d) lack of rehabilitation
- x) Disturbance from original place of state in the joint is .....
- (a) fracture (b) dislocation  
(c) disability (d) arthritis
- xi) Medial meniscus is more vulnerable to injury because of .....
- (a) its fixity to tibial collateral ligament (b) its semicircular shape  
(c) the action of adductor magnus (d) its attachment to fibrous capsule
- xii) The most important factor in fracture healing is .....
- (a) good alignment (b) organization of blood clot  
(c) accurate reduction and 100% apposition (d) immobilization  
of fractured fragments