## **1 Mark Questions**

**VERY SHORT ANSWER TYPE QUESTION –**  
**(1 MARK EACH)**  
**Q.1 What is sports medicine?**  
**Q.2 What is sports injury?**  
**Q.3 How to classify sports injury?**  
**Q.4. What is soft tissue injury?**  
**Q.5 Write types of soft tissue injury.**  
**Q.6 What is R.I.C.E.R. ?**  
**Q.7 Define sprain?**  
**Q.8 What is abrasion?**  
**Q.9 What is Laceration?**  
**Q.10 Define dislocation?**  
  
**Q.11 What do you mean by fracture?**  
**Q.12 What is FISM?**

**3 Mark Questions**

**SHORT ANSWER TYPE QUESTION (80 TO 90 WORDS) –**  
**(3 MARKS EACH)**  
**Q.1 What is the concept of sports medicine?**  
**Q.2 What are the Aims of sports medicine?**  
**Q.3 What are the most common causes of fracture?**  
**Q.4 What are the differences between intrinsic and extrinsic factors of Injury?**

## **5 Marks Questions**

**LONG ANSWER TYPE QUESTION (150 TO 200 WORDS) –**  
**(5 MARKS EACH)**  
**Q.1 Write down types of bone fracture?**  
**Q.2. How you can avoid sports injuries?**  
**Q.3 What are the types of injury and its possible causes?**  
**Q.4 What are the symptoms and treatment of dislocation? What are the preventive measures for dislocation?**  
**Q5. Explain the meaning & need of Sports Medicine in detail.**  
**Q6. Give description of intrinsic & extrinsic factors in sports injury?**