

2020

**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. Present a brief concept of sports medicine and its objectives. Write down the clinical feature and treatment of lateral epicondylitis and Carpal Tunnel Syndrome. 5+(5+5)

**Or,**

Explain how sports medicine emerges as a discipline. Write down the effects in general and adverse effects of drugs that are prohibited In-Competition. 7+8

2. Briefly explain the guiding principles of therapeutic modalities. Explain why physiotherapy is important in the field of Physical Education. List the modalities popularly used in physiotherapy. 7+5+3

**Or,**

Write down the meaning of Physiotherapy. Explain in detail penetrating thermotherapy. Write down the indications of contrast bath. 3+8+4

3. Write down the meaning of First Aid and briefly explain the First Aid care for control of bleeding. Explain how warming up and conditioning help to prevent athletic injuries. 3+4+8

**Or,**

Classify massage on the basis of Percussion manipulation and explain each type briefly. Write down the importance of taping and orthotics as protective and supportive equipment. 8+4+3

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

- (a) Passive movement
- (b) Use of therapeutic exercises
- (c) Rehabilitation programme
- (d) Mobility exercises.

5. Answer the following MCQs by choosing the correct answer and writing them down on your answer-script (**any ten**) : 1×10

- (a) Rotator cuff muscle is/are

- (i) Supraspinatus
- (ii) Infraspinatus
- (iii) Both Supraspinatus and Infraspinatus
- (iv) None of these.

**Please Turn Over**

- (b) Stanozolol is one kind of
- (i) Anabolic agent
  - (ii) Non prohibited substance
  - (iii) Diuretics
  - (iv) Peptide hormone.
- (c) Tendinitis is
- (i) Tearing of tendon
  - (ii) Inflammation of tendon
  - (iii) Muscle pull
  - (iv) Muscle cramp
- (d) In RICE principles of treatment 'C' stands for
- (i) Competition
  - (ii) Confusion
  - (iii) Collaboration
  - (iv) Compression.
- (e) Wax bath is a kind of
- (i) Penetrating thermotherapy
  - (ii) Cryo therapy
  - (iii) Superficial thermotherapy
  - (iv) Mechanical therapy.
- (f) Contraindication of Ultra Sound is
- (i) Scar tissue
  - (ii) Infection
  - (iii) Trigger points
  - (iv) Pain.
- (g) 'T' of FIRST AID, stands for
- (i) Tapotment
  - (ii) Treatment
  - (iii) Temperature
  - (iv) Tendinitis.
- (h) Apley's scratch test is used to investigate the problem of
- (i) Shoulder tendonitis
  - (ii) Shoulder dislocation
  - (iii) Scaphoid fracture
  - (iv) Carpal tunnel syndrome.
- (i) What is not the quality of a good first aider?
- (i) Ability to lead
  - (ii) Have good confidence
  - (iii) Poor ability of observation
  - (iv) Promptness of action.
- (j) 'Tapotment' technique of massage involves
- (i) Stroking
  - (ii) Pounding
  - (iii) Kneading
  - (iv) Friction.
- (k) Reverse Cozen's test helps to confirm the problem of
- (i) Lateral Epicondylitis
  - (ii) medial Epicondylitis
  - (iii) Rotator cuff tear
  - (iv) All of these.
- (l) Substances that are used for achieving calmness known as
- (i) Diuretics
  - (ii) Sedatives
  - (iii) Narcotics
  - (iv) None of these.
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