

2020

**SPORTS MEDICINE**

**Paper: MPCC-302**

**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.*

**Answer all questions**

1. How do you consider that study of sports medicine is important in Physical Education?  
Discuss the status of Sports Medicine as a profession in India. 8+7

*Or,*

What do you mean by “doping” in sports? Prepare a list of drugs banned by the WADA. What is a dope test in sports world? 4+6+5

2. Discuss inter-disciplinary aspects of Sports Medicine in relation with physiology and psychology. 15

*Or,*

Discuss the effects in general and the adverse effects of different categories of doping agents on health and sports performance? 15

3. Discuss the symptoms, causes and treatments of following injuries:  
(a) Slipped Disc  
(b) Spondylolisthesis 7.5+7.5

*Or,*

Discuss any two head injuries and its management. Discuss the prevention of the neck injury on the sports field. 10+5

**Please Turn Over**

(2)

**4. Write Notes on following topic (any two):**

7.5 x 2

- a) Breathing exercises and relaxation techniques
- b) Treatment of hamstring strain
- c) Shoulder dislocation and its managements
- d) Strengthening exercises for upper and lower extremities

**5. Answer the following MCQs by choosing the right option given below and write it on your answer script (any ten):**

1x10

- (a) Which of the following is considered as ergogenic aids in sports field?
  - a) Vitamins
  - b) Creatine
  - c) Stimulants
  - d) All the above
  
- (b) An example of a central nervous system stimulant drug used in sports field frequently is:
  - a) Androstenedione
  - b) Beta-blockers
  - c) Ephedrine
  - d) None of these
  
- (c) The drug widely used in sports which do indeed cause increased strength and muscle mass is:
  - a) Diuretics
  - b) Anabolic steroids
  - c) Narcotics
  - d) Amphetamines
  
- (d) Romberg's Test is used for the on field evaluation of which injury?
  - a) Head injury
  - b) Shoulder injury
  - c) Leg injury
  - d) Chest injury
  
- (e) If Deltoid ligament is ruptured then which of your joints gets injured?
  - a) Shoulder joint
  - b) Knee joint
  - c) Hip joint
  - d) Ankle joint

**Please Turn Over**

(3)

- (f) Which of the following bones formed the elbow joint?
- a) Humerus, Radius and Femur
  - b) Radius, Ulna and Carpals
  - c) Humerus, Ulna and Radius
  - d) Scapula, Ulna and Radius
- (g) Which of the following muscle is involved in flexion movement of knee joint?
- a) Quadriceps muscles
  - b) Extensor digitorum longus
  - c) Hamstring muscles
  - d) Gastrocnemius
- (h) Which of the following technique is appropriate and economic to diagnosis the fracture and dislocation?
- a) X-ray
  - b) ECG
  - c) MRI
  - d) None of these
- (i) The stretches involve holding a stretch in a comfortable position for a period of time, typically between 10 and 30 seconds is called:
- a) Dynamic stretch
  - b) Static Stretch
  - c) Ballistic stretch
  - d) None of the above
- (j) The relaxation technique in which an individual systematically tense and relax different muscle groups in the body is called:
- a) Progressive muscle relaxation
  - b) Body scan meditation
  - c) Self-massage
  - d) Mindfulness meditation
- (k) Which of the following is a complementary exercise to push ups and target the muscles of core and lower body, including the power muscle groups of the legs?
- a) Jumping Jack
  - b) Side bends
  - c) Pushups
  - d) Lunges
- (l) The movement of plum in which rotation of the radius returns the bones to their parallel positions and moves the palm to the anterior facing position is called:
- a) Pronation
  - b) Supination
  - c) Abduction
  - d) None of these
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