

2021

SPORTS MEDICINE

Paper: MPCC- 302

Full marks: 70

The figures in the margin indicate full marks.

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

Answer all the questions

1. Why sport medicine is important for athletes? How does Sport Medicine relate to academic discipline and science? 8+7

Or,

Explain the meaning of Doping. Classify and describe the different types of Doping. 5+10

2. What is Anabolic Androgens? Mention the adverse effects of Erythropoietin (EPO) and Diuretics on the athletic performance. 5+10

Or,

What are the top ten Sport Injuries? Mention the differences and similarities in Tennis Elbow and Golfers Elbow. 5+10

3. What is Slipped Disc? Describe the causes and treatments of the Spondylosis and Spondylolisthesis. 5+10

Or,

Write in detail the different injuries occurring to the Knee. How can Ankle injuries be treated and prevented? 5+10

4. Write short notes on following (*any two*) : 7.5x2
- a) Stretching and Strengthening exercises
 - b) Shoulder injuries & its management
 - c) Basic management of Sprain and Strain
 - d) Protective equipments for Upper Limbs in sport

Please Turn Over

(2)

5. Answer the MCQs from below by choosing the correct option and writing the answer on your script (*any ten*): 10x1

- a) Drugs in sport is:
- (i) A new problem
 - (ii) A problem that started about 30 years
 - (iii) A problem that has always affected sport
 - (iv) None of the above
- b) Nandrolone and THG are examples of:
- (i) Hormones
 - (ii) Diuretics
 - (iii) Stimulants
 - (iv) Steroids
- c) Which sport causes the most head injuries?
- (i) Football
 - (ii) Cycling
 - (iii) Baseball
 - (iv) Soccer
- d) is a commonly occurring natural stimulant in the body (fill in the blank by choosing appropriate word from below).
- (i) Adrenaline
 - (ii) caffeine
 - (iii) acetylcholine
 - (iv) cocaine
- e) Rotator cuff tendinitis is also called:
- (i) Pitcher's Shoulder
 - (ii) Swimmer's Shoulder
 - (iii) Tennis Shoulder
 - (iv) All of the above

Please Turn Over

(3)

- f) What knee injury occurs with softening and deterioration of the articular cartilage on the back of the patella?
- (i) Joint Contusion
 - (ii) Runner's Knee
 - (iii) Jumper's Knee
 - (iv) Chondromalacia
- g) Which of these is a common injury to a shoulder?
- (i) Frozen Shoulder
 - (ii) Rotator Cuff injury
 - (iii) Dislocation
 - (iv) All the above
- h) Which of the following actions restricted by the Ligaments?
- (i) cartilage junction
 - (ii) hyper extension
 - (iii) hyper flexion
 - (iv) both (ii) and (iii)
- i) The severity of a ligament injury progresses from _____
- (i) strain to tear
 - (ii) sprain to tear
 - (iii) strain to sprain
 - (iv) sprain to strain.
- j) Which of the following type of stretching has been shown to increase injury in athletes?
- (i) Static
 - (ii) Ballistic
 - (iii) Dynamic
 - (iv) PNF
- k) During the flexion of the elbow joint, the muscle of:
- (i) bicep relaxes but triceps contracts
 - (ii) bicep contracts and triceps relaxes
 - (iii) triceps relaxes and biceps relaxes
 - (iv) triceps contracts and biceps relaxes
- l) Which of the following is pulled when a muscle contracts?
- (i) Bone
 - (ii) Origin
 - (iii) Insertion
 - (iv) none of above
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