

2021

SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION

Paper : 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. What is sports medicine? Explain the importance of sports medicine in the field of Physical Education and Sports. What measures would you take for management of shoulder dislocation? 4+6+5

Or,

What are the differences between drugs and doping? Discuss the use and side effects of the following doping agents: Anabolic Steroid, Stimulants and Narcotics. 3+(4×3)

2. What do you mean by physiotherapy? What are the various types of therapeutic modalities? What is Cryotherapy and how is it used for sports injury treatment? 3+6+6

Or,

State the basic principles of physiotherapy. Describe penetrating thermotherapy and its role in treating a sports injury. 7+8

3. Describe the importance of massage in the management of sports injury. Explain any two techniques of massage. Describe the function of bandaging as protective and supportive equipment. 5+5+5

Or,

How would you prevent athletic injuries? What are the steps of pre-participation evaluation? Describe the appropriate first aid care for loss of consciousness in play ground. 5+5+5

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

- (a) Resisted Exercise
- (b) Rehabilitative exercise for ankle sprain
- (c) Active Movements
- (d) Warm up and Cooling down exercises.

Please Turn Over

5. Answer the following MCQs by choosing the correct option and writing it on your answer script (*any ten*):

1×10

- (a) In PRICER treatment second 'R' stands for
- | | |
|---------------------|---------------------|
| (i) Referral | (ii) Rice |
| (iii) Retrospective | (iv) Rehabilitation |
- (b) Which one of the following is not the part of Hydrotherapy?
- | | |
|----------------------|---------------------|
| (i) Wax bath | (ii) Cryotherapy |
| (iii) Whirlpool bath | (iv) Contrast bath. |
- (c) The word Petrissage derived from
- | | |
|--------------|-------------|
| (i) Petris | (ii) Pretis |
| (iii) Pétrir | (iv) Petrig |
- (d) Lateral Epicondylitis is an
- | | |
|------------------------|----------------------|
| (i) injury of Shoulder | (ii) injury of Elbow |
| (iii) injury of Knee | (iv) injury of Head. |
- (e) By means of which way does the Blood doping improve an athlete's performance?
- (i) It increases the number of red blood cells in the body.
 - (ii) It thins the blood.
 - (iii) It makes the blood circulate much faster.
 - (iv) It cools the blood.
- (f) Sprain is the injury of
- | | |
|--------------|-------------|
| (i) Ligament | (ii) Bone |
| (iii) Muscle | (iv) Tendon |
- (g) In treatment of sports injury, alternate use of cold and hot water is known as
- | | |
|------------------|--------------------|
| (i) Sauna bath | (ii) Contrast bath |
| (iii) Steam bath | (iv) Sitz bath |
- (h) Which of the following is not considered as a part of injury rehabilitation?
- | | |
|---------------|----------------|
| (i) Movements | (ii) Massage |
| (iii) PNF | (iv) Treatment |
- (i) Achilles tendon is found in which region?
- | | |
|-----------|---------------|
| (i) Elbow | (ii) Ankle |
| (iii) Hip | (iv) Shoulder |
- (j) Which of these is not a prohibited performance-enhancing substance?
- | | |
|----------------|------------------------|
| (i) Ephedrine | (ii) Anabolic Steroids |
| (iii) Creatine | (iv) Cannabinoids |

(k) Which of the following is called pressure manipulation?

- (i) Stroking
- (ii) Clapping
- (iii) Kneading
- (iv) Pounding

(l) First aid of injury means

- (i) Treatment
 - (ii) Observation
 - (iii) Decision Making
 - (iv) All of the above.
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