

2022

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 the following questions.

1. What is the main goal of sport medicine? Briefly describe the professional development of sport medicine in India and its recent advances. 5+10

Or,

Discuss different types of doping. Name and explain the actions of the performance enhancing drugs commonly used in sports. 5+10

2. Discuss the causes of head and neck injury. Explain the preventive measures of head and neck injury. 5+10

Or,

How are exercises used for prevention and management of sports injuries? 15

3. Differentiate between sprain and strain. Discuss the causes and treatment of the sprain and strain. 5+10

Or,

Give a brief account of various protective and supportive devices used in the modern sport to avoid injuries. 15

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

- (a) Relaxation techniques
- (b) Drugs banned by WADA
- (c) Basic management of fractures
- (d) Tennis elbow and Golfers elbow.

5. Answer the MCQs from below by choosing the correct option and writing the answer on your script (*any ten*): 1×10

- (a) Which of the following is a best practice in Sport Medicine?
 - (i) Associating only general physicians to take care of athletes
 - (ii) Involving only the team physician and the trainer
 - (iii) Involving specialist medical personnel only
 - (iv) Being associated with a few professional organizations.

Please Turn Over

- (b) Which exercise technique is used to rehabilitate knee injury?
- (i) Isometric exercise
 - (ii) PNF
 - (iii) AROM
 - (iv) All of these.
- (c) Which chemical is used in the treatment of muscle and joint inflammatory reactions?
- (i) Cortisone
 - (ii) Botulinum
 - (iii) Epidural steroid injections
 - (iv) None of these.
- (d) Drug that increase muscle bulk and extra power for muscle are
- (i) Caffeine
 - (ii) Androgenic steroids
 - (iii) Cortico steroids
 - (iv) Beta blockers.
- (e) F.I.M.S. stands for
- (i) Federation of Indian Medicine and Surgery
 - (ii) Federation International of Medicine and Sports
 - (iii) Federal Institution of Medico-Sportive
 - (iv) Fédération Internationale de Médecine Sportive.
- (f) Anabolic steroids affect directly
- (i) Heart
 - (ii) Muscles
 - (iii) Lungs
 - (iv) Brain.
- (g) Chronic sports injuries are treated using
- (i) Diathermy
 - (ii) Infrared rays
 - (iii) Ultraviolet rays
 - (iv) Ultrasound.
- (h) Sports injuries can be minimized by
- (i) Massage
 - (ii) Sauna bath
 - (iii) Steam bath
 - (iv) None of these.
- (i) Which of the following is a contra-indication of taking paraffin bath?
- (i) No range of motion
 - (ii) Chronic condition
 - (iii) Pain
 - (iv) Skin conditions.
- (j) Which sports has found the highest incident of doping?
- (i) Boxing
 - (ii) Gymnastics
 - (iii) Cycling
 - (iv) Wrestling.

- (k) Break in a bone as a result of injury of pathological weakness is called
- (i) Severe bleeding
 - (ii) Dislocating
 - (iii) Fracture
 - (iv) Abrasion.
- (1) The headquarter of the World Anti Doping Agency (WADA) is situated at
- (i) Rome
 - (ii) Montreal
 - (iii) Paris
 - (iv) New York.
-