

2023

**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. Give the meaning of sports medicine. Elaborate the development of sports medicine as a discipline. Discuss the methods of management of common regional injuries of the body. 2+5+8

*Or,*

What is doping? Explain any two doping agents and their misuse by the sportspersons. Describe the role of WADA in controlling doping worldwide. 3+8+4

2. What is meant by physiotherapy? Explain the need and importance of physiotherapy in sports. Describe the use of cryotherapy in the treatment of sports injuries. 4+6+5

*Or,*

Classify therapeutic modalities with examples. Explain the role of thermotherapy in injury management. Explain any one method of electrical stimulation in treating sports injury. 4+6+5

3. State the meaning and principles of first aid. What are the advantages of warming up and conditioning for a sports person? Mention the steps to prevent athletic injuries. 5+5+5

*Or,*

Classify massage. Describe the indication and contraindications of massage. Explain the uses of taping and bandaging in injury management. 3+6+6

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

- (a) Types of Mobility exercise
- (b) Difference between active and passive movements
- (c) Rehabilitation of sports injury
- (d) Principles of therapeutic exercises.

**Please Turn Over**

5. Answer the following questions by choosing the correct option and write it on your answer script  
(any ten) : 1×10

- (a) Type of massage that involves pressure is :
- (i) Tapotement
  - (ii) Effleurage
  - (iii) Percussion
  - (iv) Stroking.
- (b) The headquarter of WADA is situated in :
- (i) United States of America
  - (ii) Sweden
  - (iii) Canada
  - (iv) France.
- (c) When the bone cracks on one side and looks like a branch it is called :
- (i) Greenstick fracture
  - (ii) Transverse fracture
  - (iii) Oblique fracture
  - (iv) Comminuted fracture.
- (d) Range of motion exercise to develop strength and mobility of the patient with little support and assistance is called :
- (i) Passive range of motion exercise
  - (ii) Active range of motion exercise
  - (iii) Active assisted range of motion exercise
  - (iv) Mobility exercise.
- (e) The long-term goal of rehabilitation :
- (i) Is a process that differs from individual to individual
  - (ii) Is a quick recovery process
  - (iii) Is to control pain and swelling
  - (iv) Is to restore range of motion.
- (f) To prevent injury one should always—
- (i) Warm up properly
  - (ii) Have appropriate fitness levels before play
  - (iii) Wear the appropriate protective equipment
  - (iv) All of these.
- (g) Which of the following is a deep heat therapy method?
- (i) Contrast bath
  - (ii) Hydrocollator pack
  - (iii) Galvanic bath
  - (iv) Short wave diathermy.
- (h) Scraping and wearing off the skin is called :
- (i) Contusion
  - (ii) Laceration
  - (iii) Abrasion
  - (iv) Bruise.

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- (i) Which is incorrect in terms of sprain :
- (i) Concerned with ligament
  - (ii) Mostly associated with twisting of ankle or knee
  - (iii) Concerned with tendon
  - (iv) Cause severe pain and inflammation.
- (j) Electrotherapy using electrodes is conducted in \_\_\_\_\_.
- (i) TENS
  - (ii) Ultrasound
  - (iii) Traction
  - (iv) Galvanic bath.
- (k) Which of the following methods involves deep heating treatment?
- (i) Contrast Bath
  - (ii) Hydrocollator packs
  - (iii) Short Wave Diathermy
  - (iv) Hot Pack.
- (l) Which of the following is a contraindication for cryotherapy :
- (i) Acute pain
  - (ii) Muscle Spasm
  - (iii) Bursitis
  - (iv) Frost Bite.
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