

2023

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.*

1. How do Physiological and Psychological principles make Sports Medicine an interdisciplinary subject? Why the study of sports medicine is important in the field of sports and physical education? 5+5+5

Or,

Discuss the symptom, causes and management of the following injuries : Frozen Shoulder, Rotator Cuff Tear, Olecranon Bursitis. 5+5+5

2. What is doping? Why are drugs misused in sports arena? Discuss the steps to detect, control and prevent doping in sports field. 3+4+8

Or,

Classify the substances banned in and out-of-competition by WADA. Write down the adverse effects of Stimulant, Narcotics and Cannabinoids on health. 6+9

3. Mention four spinal injuries and describe management procedure of any two of them. How can spinal injury be prevented? 2+8+5

Or,

Discuss the importance of exercises in injury management. Discuss the treatment procedure of any two spinal injuries. 6+9

4. Write short notes on the following (*any two*) : 7½×2
- (a) Stretching exercises for injury rehabilitation
 - (b) Dislocation and Fracture
 - (c) Strengthening exercises for injury management
 - (d) Functions of WADA.

Please Turn Over

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

- (a) CPR stands for
- | | |
|-----------------------------------|-----------------------|
| (i) Cardiopulmonary resuscitation | (ii) Compression-rest |
| (iii) Complexity-recommendation | (iv) None of these. |
- (b) 'Sports medicine' is
- (i) Doctor's prescription for athletes
 - (ii) Specialized areas related to performance and injury
 - (iii) An association with a few professional organizations
 - (iv) The team physician and athletic trainer.
- (c) A bicep curl using a dumbbell is an example of
- | | |
|-------------------------|--------------------------|
| (i) Isokinetic exercise | (ii) PNF exercise |
| (iii) Isotonic exercise | (iv) Isometric exercise. |
- (d) Another name of 'flat foot' is
- | | |
|------------------|----------------------|
| (i) Pes planus | (ii) Pes cavus |
| (iii) Pes equine | (iv) Hallux rigidus. |
- (e) National Anti-Doping Agency (India) was established in the year
- | | |
|------------|------------|
| (i) 2001 | (ii) 2003 |
| (iii) 2005 | (iv) 2007. |
- (f) A complete tear of ligament is
- | | |
|---------------------------|----------------------------|
| (i) First degree injury | (ii) Second degree injury |
| (iii) Third degree injury | (iv) Fourth degree injury. |
- (g) American College of Sports Medicine was founded in which year?
- | | |
|------------|------------|
| (i) 1954 | (ii) 1953 |
| (iii) 1955 | (iv) 1956. |
- (h) A forceful extension of a joint beyond its normal limits is
- | | |
|-----------------------|----------------|
| (i) Flexion | (ii) Extension |
| (iii) Hyper-extension | (iv) Rotation. |
- (i) Morphine, a prohibited substance, is a
- | | |
|-----------------|----------------------|
| (i) Stimulant | (ii) Narcotics |
| (iii) Diuretics | (iv) Anabolic agent. |

- (j) Symptom of neck injury is / are
- (i) Difficulty of breathing
 - (ii) Decrease in sensation in the arms and legs
 - (iii) Pain radiating down to the shoulders and / or arms
 - (iv) All of the above.
- (k) Strain is tear of
- (i) Ligament
 - (ii) Muscle and tendon
 - (iii) Bone
 - (iv) Cartilage.
- (l) Which is not a movement of the foot?
- (i) Inversion
 - (ii) Planter flexion
 - (iii) Aversion
 - (iv) Dorsiflexion.
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