

M.P.Ed - 511

Ed(PM)-3rd Sm.-Sports Medicine/MPCC-302

2024

SPORTS MEDICINE

Course : 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. What is the meaning of Sports Medicine? Write the importance of Sports Medicine. Logically establish your opinion that Sports Medicine is a profession. 2+5+8

Or,

Briefly discuss the historical development of Sports medicine as a discipline. How is Sociological aspect concerned with Sports Medicine? 10+5

2. Write the good effects and adverse effects of Diuretics and β -2 Agonist. How will doping be controlled in the field of sports? 10+5

Or,

Why is dope test necessary in the field of Sports? Briefly explain the steps of Dope Test. Write the use and misuse of Stimulant and Anabolic Agents. 4+5+6

3. What is Spinal Cord concussion? Discuss causes, symptoms and management procedures of Slipped Disc. How do you prevent the head and neck injuries? 4+6+5

Or,

How freehand exercises are used in injury management? Enlist different spinal range of motion. Discuss symptoms and management procedure of 1st degree ankle sprain injury. 5+5+5

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

- (a) Lateral Epicondylitis
- (b) Hamstring strain
- (c) Breathing exercises for injury management
- (d) Frozen shoulder.

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

- (a) Sports medicine deals with
 - (i) injury prevention
 - (ii) injury rehabilitation
 - (iii) improvement of sports performance
 - (iv) all of these.

Please Turn Over
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(b) What are the adverse effects of stimulant drug in human body?

- (A) Loss of appetite, insomnia
- (B) Weight loss, headache
- (C) Nausea and vomiting
- (D) Abdominal cramps and increased blood pressure.

Choose correct option from below :

- (i) (A), (B) and (C) only
 - (ii) (C), (D) and (B) only
 - (iii) (A), (B), (C) and (D) all
 - (iv) None of these.
- (c) Which of the following fitness components should be improved by practising Isometric exercises?
- (i) Muscular strength and endurance
 - (ii) Neuro-muscular coordination
 - (iii) Balance and cardiovascular endurance
 - (iv) Agility and Flexibility.
- (d) Golfers Elbow is medically called as
- (i) Lateral epicondylitis
 - (ii) Anterior epicondylitis
 - (iii) Medial epicondylitis
 - (iv) Posterior epicondylitis.
- (e) National Anti-Doping Agency (India) was established in the year
- (i) 2001
 - (ii) 2003
 - (iii) 2005
 - (iv) 2007.
- (f) Tear of ligament is known as
- (i) Strain
 - (ii) Sprain
 - (iii) Dislocation
 - (iv) Laceration.
- (g) Which of the following muscles are of Rotator cuff muscle?
- (i) Supraspinatus, Infraspinatus and Subscapularis
 - (ii) Teres major, Trapezius and Levator scapulae
 - (iii) Suboccipital, Trapezius and Suprahyoid
 - (iv) Suprahyoid, Teres major and Sternohyoid.
- (h) A forceful additional expansion of a joint beyond its normal limits is called
- (i) Flexion
 - (ii) Extension
 - (iii) Hyper extension
 - (iv) Hyper flexion.
- (i) What type of drug is a Diuretic?
- (i) Stimulant
 - (ii) Anabolic agent
 - (iii) Water pill that help reduce fluid buildup in the body
 - (iv) None of the above.

- (j) The anterior slippage or displacement of L5 vertebra on S1 vertebra is termed as
- (i) Slipped Disc
 - (ii) Cervical Stenosis
 - (iii) Spinal Cord Concussion
 - (iv) Spondylolisthesis.
- (k) The headquarter of WADA is in
- (i) Tokyo
 - (ii) Montreal
 - (iii) Cape Town
 - (iv) Buenos Aires.
- (l) If the width of the spinal cord becomes less than 14.5 mm for vertebrae C3, C4, C5 and C6, then the injury is diagnosed as
- (i) Cervical Stenosis
 - (ii) Cervical Spondylosis
 - (iii) Cervical Disc damage
 - (iv) Cervical Concussion.
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