

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2019

(2nd Year, 3rd Semester)

SPORTS MEDICINE**PAPER - PG/MPCC - 302**

Time : Three hours

Full Marks : 70

Group: A (answer any three questions)

3x5

1. What is Sports Medicine? How is it important in Physical Education? Write a note on the historical development of Sports Medicine. 2+6+7=15
2. Write the names of common head and neck injuries. Discuss in details about the recognition and management of concussion. Write the cause, signs and care of acute muscle strains of the neck. 3 + 6+ 6 = 15
3. What four major joints make up the shoulder complex? Write the prevention strategy of shoulder and ankle joints. 3 + 6+ 6 = 15
4. Define Doping. Mention the types of Blood Doping in detail. Explain Gene Doping in brief. 2+6 + 7 = 15
5. What are the Anabolic steroids? What are the methods of abuse of Anabolic Steroids? Give a detailed description of the side effects of Anabolic steroids. Why is the abuse of HGH so common among athletes? 1+3 + 8+3 = 15

Group- B (Answer any two questions):

7.5x2+15

- a) Stimulants
- b) Types of Diuretics and their use
- c) Contusion and abrasion and their management
- d) Cause, signs and care of acute muscle strains of the neck.

Group-C -(MCQ)-(Answer any *ten* questions):

10 x 1 =10

1. Systemic Vasculitis is the
 - a. Inflammation of the muscle
 - b. Increased supply of blood to the blood vessel
 - c. Inflammation of the blood vessel
 - d. Increased supply of blood to the muscle
2. Meniscal tear is related with:
 - a. Shoulder Joint
 - b. Pelvic Girdle
 - c. Knee Joint
 - d. Coracoid Process
3. Which one is not a knee ligament?
 - a. Posterior Cruciate Ligament
 - b. Transverse Humeral Ligament
 - c. Medial Collateral Ligament
 - d. Anterior Cruciate Ligament
4. Furosemide acts on
 - a. Ascending Loop of Henle in the Nephron
 - b. Descending Loop of Henle in the Nephron

[Turn over

- c. Distal Convoluted Tubule
- d. Proximal Convoluted Tubule

5. Supraspinatus Tendinitis is a soft tissue injury of

- a. Groin
- b. Shoulder Girdle
- c. Pelvic Girdle
- d. Knee Joint

6. EPO is produced from the

- a. Anterior Pituitary Gland
- b. Liver
- c. Kidney
- d. Blood

7. The type of Drug which increases Androgenic features is

- a. Anabolic Steroid
- b. Beta Blocker
- c. Stimulant
- d. Diuretic

8. Somatostatin

- a. Induces release of HGH
- b. Reduces release of HGH
- c. Inhibits release of HGH
- d. Both b and c

9. In order to control Doping:

- a. An athlete must be allowed therapeutic use redemption
- b. An athlete must be disallowed therapeutic use exemption
- c. An athlete must be disallowed therapeutic use redemption
- d. An athlete must be allowed therapeutic use exemption

10. Strain is

- a. Overstretch of a ligament
- b. Overstretch of a muscle
- c. Overstretch of a tendon
- d. Both b and c

11. Sports Medicine is

- a. Curative in nature
- b. Rehabilitative in nature
- c. Preventive in nature
- d. All of the above

12. Mannitol is a

- a. Diuretic sparing potassium
- b. Diuretic causing osmotics
- c. Diuretic causing reabsorption of sodium
- d. Diuretic causing bicarbonate accumulation