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**School of Medical and Allied Sciences**  
**Master of Physiotherapy Specialization in Sports Medicine**  
**Semester End Examination - Nov 2023**

**Duration : 180 Minutes**  
**Max Marks : 100**

**Sem III - MPTS6001 - Sports Physiotherapy-I**

General Instructions

*Answer to the specific question asked*

*Draw neat, labelled diagrams wherever necessary*

*Approved data hand books are allowed subject to verification by the Invigilator*

- 1) Name what are the stages of injury rehabilitation? K1 (2)
- 2) interpret overuse injuries that are common among soccer players, such as patellar tendonitis or shin splints? K2 (4)
- 3) Illustrate various types of diving sports. K2 (6)
- 4) Construct the role of protein in rehabilitation, and how does it aid in muscle repair and recovery? K3 (9)
- 5) Identify are the specific protein requirements for athletes during exercise rehabilitation. K3 (9)
- 6) Interpret micronutrients how they contribute to the overall recovery process in sports rehabilitation? K5 (10)
- 7) Examine what are the therapy can beneficial for deep-sea diving sports. K4 (12)
- 8) Justify how does temperature regulation influence the body's recovery and adaptation to exercise in the post-rehabilitation phase? K5 (15)
- 9) explain temperature-based modalities are integrated into sports physiotherapy treatment plans for common injuries like sprains, strains, and tendonitis? K5 (15)
- 10) Compose Psychological aspects of high-altitude rehabilitation, such as anxiety and altitude sickness-related fears? K6 (18)