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School of Medical and Allied Sciences
Master of Physiotherapy Specialization in Sports Medicine
Semester End Examination - May 2024

Duration : 180 Minutes
Max Marks : 100

Sem IV - MPTS6008 - Advanced Sports Injury Management Strategies-II

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) Tell about the importance of Taping in sports injury. K1 (2)
- 2) Explain the role of the sports Physiotherapist on the ground in prevention of sports injury. K2 (4)
- 3) Illustrate the importance of training in sports for prevention of sports injury on ground. K2 (6)
- 4) How will use different set of exercise, food and what drug will you prescribe for the prevention of Osteoporosis. K3 (9)
- 5) How will use different method of exercise to strength the biceps & quadriceps muscles for the Badminton and football players with good example of exercise explain in details. K3 (9)
- 6) What are the criteria to measure fitness level for any sports persons ? Write in brief K5 (10)
- 7) Analyze the health issue in case of deficiencies of Vitamins in sports persons. K4 (12)
- 8) Justify that PNF technique helps in relieving the soreness, fatigue & pain in muscles. K5 (15)
- 9) Justify your method of training for the strengthening of the weak shoulder abductors for the cricket players. K5 (15)
- 10) Create & design a protocol to show that how energy is transferred during the exercise regime. K6 (18)