

No. of Printed Pages: 1

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**JAMIA HAMDARD
DEPARTMENT OF PHYSIOTHERAPY
SCHOOL OF NURSING SCIENCES & ALLIED HEALTH**

**MPT 2nd YEAR (SPORTS), ANNUAL EXAMINATION, MAY 2024
PHYSIOTHERAPY II – SPORTS PHYSICAL THERAPY AND REHABILITATION (THEORY)
PAPER CODE: MTS – 266**

Time: 3 Hours

Maximum Marks: 75 Marks

(Write your Roll No. on top of the paper immediately)

All sections are compulsory. Draw diagrams wherever necessary. Give examples wherever necessary.

SECTION – A

Answer any **FIVE** of the following:

(5 × 5 Marks = 25 Marks)

- Q1.** Physiological responses to microgravity
- Q2.** Determination of work: rest ratio in sports training.
- Q3.** Movement descriptors in motion analysis
- Q4.** Periodization in Sports
- Q5.** Sports hernia
- Q6.** Segmental Stabilization in spine

SECTION - B

Answer any **TWO** of the following:

(2 × 10 Marks = 20 Marks)

- Q1.** What are the common upper limb injuries seen in badminton?
- Q2.** What is the physiological basis behind Dry Needling?
- Q3.** Write a note on different types of helmets used in sports.

SECTION - C

Answer any **TWO** of the following:

(2 × 15 Marks = 30 Marks)

- Q1.** Describe the biomechanics of different strokes used in swimming. Write a note on pathomechanics of common shoulder injuries seen in swimmers
- Q2.** Write a note on physiology of fatigue and overtraining. How do you diagnose, monitor, and prevent overtraining?
- Q3.** Write a detailed note on different training methods with suitable examples. How do you determine intensity in each of the method?
