

No. of Printed Pages: 2

Roll No.....

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

BPT 4th YEAR, ANNUAL EXAMINATION, MAY 2024

SPORTS PHYSIOTHERAPY (THEORY)

PAPER CODE: BPT – 465

Time: 3 hours

Maximum Marks: 75 Marks

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

Note: (i) Attempt ALL questions

(ii) Choices are mentioned wherever applicable

(iii) Parts of a question must be answered together

SECTION – A

Attempt ALL Questions

(15 × 1 Mark = 15 Marks)

- Q1.** O' Brien test in shoulder is used for the diagnosis of _____
- Q2.** Guyon's Canal Syndrome – which nerve is involved?
a) Median Nerve b) Ulnar Nerve c) Radial Nerve d) Posterior Interosseous Nerve
- Q3.** Spinal extension exercises are contraindicated in _____.
a) Spondylosis b) PIVD c) Spondylolisthesis d) Obliterated lumbar lordosis
- Q4.** Impingement of the ligaments or tendons of ankle between the talus and tibia
a) Skier's ankle c) Commonly seen in lawn tennis
b) Footballer's ankle d) Commonly seen in fast bowlers in cricket
- Q5.** Which technique is used to roll an athlete with suspected cervical spine injury
a) Plank roll b) Timed roll c) Log roll d) Rhythmic roll
- Q6.** Name one special test used to diagnose Facet Joint Syndrome of Cervical Spine _____.
- Q7.** In an all-out exercise the energy after 5 minutes of initiation of exercise is provided by
a) ATP- PCr system b) Aerobic metabolism c) Anaerobic glycolysis d) Cori's cycle
- Q8.** What is respiratory quotient?
- Q9.** For a normal adult female, the percentage of body fat should be around
a) 5 – 10 % b) 21 – 33% c) 40 – 45% d) 5 – 20%
- Q10.** What is TUE in relation to Doping?
- Q11.** Finkelstein's test is used for which condition
a) Dequervain's Tenosynovitis c) Lunate Fracture
b) Scaphoid fracture d) Median Nerve Injury

Q12. You are planning on collecting data on patients with diagnosis of a torn meniscus. Which of the following test would be appropriate to use for the patients when they come to the clinic?

- a) Apley's compression test c) Lachman's test
- b) Anterior drawer test d) Posterior drawer test

Q13. It is virtually impossible to maintain steady rate exercise above the intensity of VO₂ max.

- a) True b) False

Q14. What is the full form of OBLA?

Q15. Hill Sach's lesion is associated with

- a) Shoulder dislocation c) Radioulnar joint dislocation
- b) Elbow dislocation d) Colle's fracture

SECTION - B

Answer any **THREE** of the following:

(3 × 10 Marks = 30 Marks)

- Q1.** What are Plyometrics? Explain the physiology behind plyometrics and give 2 examples each of upper limb and lower limb plyometrics.
- Q2.** Describe the process of pre-participation evaluation in sports? What is its importance?
- Q3.** Write a note on principles of training in sports in detail.
- Q4.** What are the physical properties of water? Describe the principles of aquatic therapy in detail.

SECTION - C

Answer any **TWO** of the following:

(2 × 15 Marks = 30 Marks)

- Q1.** Explain the following terms: Lactate Threshold, Steady Rate Exercise, Immediate Energy System, Fast Component of Oxygen Debt, Direct Calorimetry
- Q2.** Describe the steps involved in assessment of shoulder of a fast bowler in cricket in detail. What all biomechanical aspects you will emphasize on while evaluation?
- Q3.** What are the different health related and skill related fitness components? Briefly explain each one of them with different tests used for their evaluation. Describe one test each in detail for flexibility and cardiovascular endurance.
