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MPT 1st YEAR (SPORTS) ANNUAL EXAMINATION, MAY 2023
PHYSIOTHERAPY I: SPORTS PHYSICAL THERAPY AND REHABILITATION (THEORY)
PAPER CODE: MTS-166

Time: 3 hours

Maximum Marks: 75

(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 (iv) Draw diagrams wherever necessary
(v) Give examples wherever necessary

(SECTION A)

Write short notes on any five of the following

5x5=25 Marks

- ☐ Q1. Describe documentation in rehabilitation
- Q2. Describe isokinetic testing and management of sports injuries.
- Q3. Differentiate between evaluation and assessment, off-field and on field assessment.
- Q4. Describe neurophysiological basis of stretching.
- Q5. Describe exercise programming for children and older adults.
- Q6. Proprioceptive neuromuscular facilitation technique.
- Q7. Describe cardio- respiratory endurance training.
- Q8. Describe Special Exercise programming for diabetic athlete & pregnant female athlete.

(SECTION B)

Answer any two of the following (Long Answer):

2x10=20 Marks

- ☐ Q1. Describe biomechanical and physiological principles of plyometric training. What are program guidelines?
- ☐ Q2. What are principles, techniques, indications and contraindications of aquatic therapy in sports?
- Q3. Describe various manual therapy techniques used in sports rehabilitation with rationale.
- Q4. Describe regional evaluation of various upper limb injuries in sports.
- Q5. Describe postural control system, write about assessment of neuromuscular control versus balance.

(SECTION C)

Attempt any two out of the following (Essay type answer):

2 x 15=30 marks

- Q1. Describe common acute and overuse injury rehabilitation of pelvis, hip and thigh injuries in sports.
- Q2. What are the factors that determine strength, endurance and power? Write resistance training differences between male & female.
- Q3. Differentiate between functional training and functional progression. What are its principles, techniques, advantages & disadvantages?
- Q4. Describe rationale and principles of exercises for obese and disabled athletes.
