

The figures in the margin indicate full marks.

The candidates are required to give their answer in their own words as far as practicable

Illustrate the answer wherever necessary

1. State the meaning of sports medicine? What are the scopes of sport medicine? What are the importance of sports medicine in the field of the physical education and sports?

3+5+7 = 15

OR

Write down the historical development of Sports Medicine as a discipline in India? Discuss the physiological aspect of sports medicine.

8+7= 15

2. What is doping? Discuss about use and abuse of drugs in sports? State the functioning of WADA in controlling doping in sports?

3+9+3= 15

OR

Whats steps to be taken to control doping in sports? Discuss about the classification of doping agents banned by WADA? What is anabolic steroid.

5+5+5= 15

3. What are the causes of spine injuries in sports? How spinal range of motion and free hand exercises are used to treat a spine injury? What measures can be to prevent neck injuries in sports?

3+7+5= 15

OR

Define concussion, State its common symptoms. State about management and prevention of concussion?

7+8= 15

4. What is stretching? Discuss about the use of stretching and strengthening exercise to treat the injuries of lower extremities ? Discuss the application of Supporting equipments to prevent injuries?

2+ (5+5) +3= 15

OR

How relaxation techniques and breathing exercises are used to prevent injuries? What is Dislocation? Differentiate between dislocation and fracture?

7+3+5= 15

5. Write short notes on the following (any Two)

(5 X 2 = 10)

- Dope test.
- Therapeutic application of free hand exercise.
- Active and passive stretching.
- Abdominal muscle strain.