

2023

M.P. Ed 3rd Semester Examination
Sports Medicine
MPCC – 302

Full Marks – 70

Time- 4 hours

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. Define sports medicine and state its objectives. Elaborate the physiological and psychological aspect of sports medicine. 1+2+12 = 15

OR

Discuss the scope of sports medicine as a profession. Elaborate the evolution of sports medicine over the ages. 8+7= 15

2. Define performance enhancing drug with an example. Explain anabolic steroids and diuretics. Elaborate the guidelines to control doping. 3+5+7= 15

OR

Define doping. Discuss the types of doping in sports. What is a dope test and mention its types. 1+10+4= 15

3. Mention the types of head injury. Elaborate the causes, symptoms and treatment of any one head injury. Explain the degree of head injury measurement and its identification. 2+8+5= 15

OR

Discuss the causes and symptoms of spine injury. Discuss the role of exercise and its types to treat various injuries of the head, neck and spine. 5+10= 15

4. Differentiate between sprain and strain with specific examples. Explain the causes, symptoms and treatment of any one shoulder injury. 5+10= 15

OR

Discuss how injuries of upper and lower extremities can be prevented in sports. Explain the causes, symptoms and treatment of any one knee injury. 5+10= 15

5. Write short notes on the following (any Two) (5 X 2 = 10)
- a) WADA
 - b) Exercise for injury management of upper extremities.
 - c) ACL and PCL
 - d) Beta blockers and sports