M. P. Ed 3rd Semester Examination 2020
Sports Medicine

MPCC – 302
The figures in the margin indicate full Marks.
The candidates are required to give their answers in their own words as far as practicable.
Illustrate the answer wherever necessary.

Full Marks-70   **Time 3hrs**

Q1. Discuss the physiological aspects of sports medicine. Explain why Sports medicine is considered as an interdisciplinary subject. State the professional responsibility of a Sports Medicine Specialist.   **7+5+3=15**

OR

Define Sports medicine. Discuss the interrelationship of sports medicine with other science subjects. Discuss the differences between sociological and psychological aspects of sports medicine.   **3+5+7=15**

Q2. State about use, misuse and abuse of drugs in sports. State the functioning of WADA in controlling doping in sports. Discuss the adverse effects of use of amphetamines.   **6+5+4=15**

OR

Discuss the guideline for control of doping. Discuss the classification of doping agents. What is Dope Test?   **6+5+4=15**

Q3. Discuss the cause and symptoms of Head injury. Differentiate between head and neck injury in terms of cause of onset. Justify whether compression or hyperextension can be applied in treatment of neck injury.   **(3+3)+5+4=15**

OR

Discuss the therapeutic application of free hand exercises. Discuss the steps of prevention of Spine injury. What is degree of injury?   **6+6+3=15**

Q4. Differentiate between strain and sprain. What is contusion? What is active and passive stretching? Differentiate between dislocation and fracture. Discuss different types of fractures.

                                                                                      3+2+3+2+5=15

OR

Discuss the applications of breathing exercises and relaxation techniques. Plan a schedule of strengthening exercises for lower extremities.   **4+4+7=15**

Q5. Write Short Notes on **any two** from the following   **5 X 2=10**

   a) Prevention of Spinal range of motion   d) Management of shoulder injuries
   b) Hyper extension exercises
   c) Stretching exercises for management of lower extremities injuries.