

End Semester/Reappear (Semester VII) Examination December, 2024
Programme: BPT
Course: Physiotherapy in Sports Conditions – I
Course Code: 23A703
Enrolment no. _____
Full Marks: 70
Time: 3 Hrs.

Q.No.	Questions	CO	Bloom Taxonomy Category	Marks
Section I				
1	Short Answer type questions.			4 x 5 = 20
a	List the common risk factors that are identified during a pre-exercise evaluation for individuals starting an exercise regimen.	CO1	Remember	
	or			
b	What are the primary macronutrients and micronutrients essential for maintaining optimal fitness levels?	CO1	Remember	
	or			
c	Define the role of the muscular system in response to exercise.	CO2	Remember	
	or			
d	What are the main functions of the cardio-respiratory system during physical activity?	CO2	Remember	
	or			
e	What are the common mechanisms of injury for ACL and PCL tears?	CO3	Remember	
	or			
f	List the common signs and symptoms of PIVD.	CO3	Remember	
	or			
g	What is piriformis syndrome, and what causes of it?	CO3	Remember	
	or			
h	What is Iliotibial Band (ITB) Syndrome, and what are its common causes?	CO3	Understand	
	or			
Section II				
Long Answer type questions.				
2	Given that an athlete experiences delayed onset muscle soreness (DOMS) after a heavy lifting session, how would you apply principles of muscle recovery to minimize soreness and accelerate recovery for the next workout.	CO2	Apply	3 x 10 = 30
	or			
3	For an individual with asthma, how would you design an aerobic training program to improve the cardio-respiratory system without exacerbating symptoms?	CO2	Apply	
	or			
4	If a patient presents with numbness in the leg and back pain, what specific tests or physical exams would you use to diagnose PIVD?	CO3	Apply	
	or			
5	What is cervical whiplash? List the common symptoms associated with cervical whiplash injuries.	CO3	Remember	
	or			
6	Compare and contrast chondromalacia patellae with other causes of anterior knee pain, such as patellar tendinitis or bursitis.	CO3	Analyze	
	or			
7	Describe the difference between a disc bulge and a disc Protrusion.	CO3	Understand	
	or			
Section III				
Application based questions				
8	Develop a rehabilitation program for an athlete recovering from a Grade 2 ankle sprain.	CO3	Create	1 x 20 = 20
	or			
9	Develop a rehabilitation program for a swimmer recovering from swimmer's knee, focusing on exercises to increase shoulder mobility and strength.	CO3	Create	
	or			

At the end of the course candidate will able to

CO1 Do pre-exercise assessment like muscle strength, endurance, flexibility, fitness.

General guidelines about diet and nutrition

CO2 Explain the effect of exercise in different system.

CO3 Treat different sports injuries of spine, head neck and lower limb.

