

Programme: BPT
Course: Physiotherapy in Sports Conditions-II
Course Code: 23A803
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	1. Write a short note on Fitness Components	CO1	Remember	
	or			
b	Explain the mathematical principles and significance of Koverans Formula	CO1	Understand	
	or			
c	Write a note on protective equipment in sports.	CO4	Apply	
	or			
d	Illustrate ways individuals can incorporate physical activity and exercise into their daily routines for improved health.	CO4	Apply	
	or			
e	Write about Rehabilitation of Carpal Tunnel Syndrome in Athletes. .	CO3	Remember	
	or			
f	Outline the causes for shoulder impingement.	CO3	Remember	
	or			
g	Explain the special tests used for diagnosing tennis elbow.	CO3	Remember	
	or			
	Write a Short notes on Polk's Test .	CO3	Remember	
Section II				
Long Answer type questions.				
2	Examine various rehabilitation and management strategies for athletes recovering from recurrent shoulder dislocation.	CO4	Apply	3 x 10 = 30
	or			
3	Analyze the role of plyometric exercises in sports training	CO4	Analyze	
	or			
4	Write a rehabilitation plan for Medial epicondylitis.	CO3	Apply	
	or			
5	Identify two common shoulder injuries among swimmers and compare their rehabilitation approaches	CO3	Apply	
	or			
6	Describe taping techniques for Shoulder injuries.	CO3	Apply	
	or			
	Describes the standard physiotherapy interventions and treatment strategies for scapula dyskinesia.	CO3	Apply	
Section III				
Application based questions.				
7	What are the different musculoskeletal changes during adolescence, and how do these individual changes impact the development of exercise recommendations?	CO5	Analyze	1 x 20 = 20
	or			
	How effective are different management strategies for addressing the Female Athlete Triad?	CO5	Analyze	

COURSE OUTCOME
At the end of course, candidate will able to

CO1: Do pre – exercise assessment of flexibility, endurance, strength, etc.

CO2: Give general guideline about diet.

CO3: Manage different sports injuries like rotator cuff injury, scapula dyskinesia, tennis elbow, carpal tunnel syndrome.

CO4: Give guideline for prevention of injuries and pre sports training.

CO5: Design exercise for specific gender or age group.

