

PRACTICE SET

End Semester Examination, Dec 2025

Program: BPT
Semester: VII
Subject: Physiotherapy in Sport Conditions – I
Subject Code: 23A703

COURSE OUTCOME

At the end of the course, candidate will able to

CO 1: Understand the knowledge, concepts and biomechanics of various sports injuries.

CO 2: Apply guideline for diet, prevention of injuries and pre sports training.

CO 3: Evaluate and plan management and rehabilitation protocols for specific injuries on-field and off-field.

CO 4: Describe the effect of exercise in different system.

Section A

(5x20=100 Marks)

1. Write down the importance of informed consent process in pre-exercise evaluation. [CO2]
[Unit 1] [Remember LOT]
2. Describe the important points that an ideal informed consent form should have. [CO2]
[Unit 1] [Understand LOT]
3. What are the goals of the exercise pre-participation health screening? [CO2] [Unit 1]
[Remember LOT]
4. Describe the components of the ACSM pre-participation screening algorithm. [CO2] [Unit 1]
[Understand LOT]
5. Write down the components of health related fitness and performance related fitness.
[CO2] [Unit 1] [Remember LOT]
6. Discuss the physiological effect of anaerobic exercise on muscular and energy systems.
[CO4] [Unit 2] [Understand LOT]
7. What are the effects of aerobic exercise on the cardiovascular system? [CO4] [Unit 2]
[Remember LOT]
8. Discuss PIVD and its stages of the “PIVD”. [CO1] [Unit 3] [Understand LOT]

9. Write down short notes on “Kissing spine”. [CO1] [Unit 3] [Remember LOT]
10. Discuss causes, pathology and management of Osteitis Pubis. [CO1] [Unit 4] [Understand LOT]
11. Define IT Band syndrome. Write down its causes, symptoms and management. [CO3] [Unit 4] [Remember LOT]
12. What is breaststroke swimming? Write a short note on Breaststroke knee. [CO1] [Unit 5] [Remember LOT]
13. Write down the causes, symptoms and management of Biceps femoris tendinitis. [CO3] [Unit 5] [Remember LOT]
14. Discuss the special test to clinically rule out the meniscus injury of the knee joint. [CO1] [Unit 5] [Understand LOT]
15. Discuss the special test to clinically rule out the ligaments injury of the knee joint. [CO1] [Unit 5] [Understand LOT]
16. What is patello-femoral pain syndrome? List out its common causes and symptoms. [CO1] [Unit 5] [Remember LOT]
17. Write down a short note on “Turf toe syndrome”. [CO1] [Unit 6] [Remember LOT]
18. Write down the causes, symptoms and management of Shin splint. [CO3] [Unit 6] [Remember LOT]
19. Write down a short note on “Helmet compression syndrome”. [CO1] [Unit 6] [Remember LOT]
20. Define “Bursitis”. Write down the causes, complaints and management of TA bursitis. [CO1] [Unit 6] [Remember LOT]

Section B

(10x15= 150 Marks)

21. Outline a flow chart for pre-participation screening of a person not participating in regular exercises as per ACSM screening algorithm. [CO2] [Unit 1] [Apply LOT]
22. What are the roles of specific diet and nutrition for a sports person? What are the differences in diet planning of a person participating in aerobic and anaerobic sports activity? [CO2] [Unit 1] [Apply LOT]
23. Discuss the cardiovascular disease risk factor assessment. [CO2] [Unit 1] [Understand LOT]
24. Outline a flow chart for pre-participation screening of a regular exerciser as per ACSM screening algorithm. [CO2] [Unit 1] [Apply LOT]

25. A 40 year old athlete having a resting heart rate of 85 beats per minute needs to be trained at the intensity of 80 percent of the maximum heart rate. Calculate his target heart rate and oxygen requirement for the above training intensity. [CO3] [Unit 1] [Analyze HOT]
26. Discuss the physiological effect of aerobic exercise on different body systems. [CO4] [Unit 2] [Understand LOT]
27. Differentiate between the exercise testing protocol for a healthy athlete and cardiovascular diseased person.[CO4] [Unit 2] [Analyze HOT]
28. Differentiate between the physiological effect of anaerobic and aerobic exercise program on cardiovascular system.[CO4] [Unit 2] [Analyze HOT]
29. Discuss mechanism of injury, pathology, symptoms, complications and management of cervical whiplash injury. [CO1] [Unit 3] [BTL Understand LOT]
30. How will you differentiate between “strain” and “sprain” by clinical examination? Discuss the grades and its management. [CO3] [Unit 4] [Analyze HOT]
31. Discuss causes, risk factor, pathogenesis, symptoms and management protocol of “Osteochondritis dissecans”. [CO3] [Unit 4] [Understand LOT]
32. Discuss the special test to clinically rule out different Hip joint pathology. [CO3] [Unit 4] [Understand LOT]
33. Describe causes, symptoms, and management strategies of chondromalacia patellae. [CO1] [Unit 5] [Understand LOT]
34. Discuss pre and post surgical physiotherapy rehabilitation programmes for a sports person undergoing partial meniscectomy. [CO3] [Unit 5] [Understand LOT]
35. Describe the common mechanism of injury, common ligaments involved, symptoms, special test for clinical diagnosis and initial management strategies for an athlete with an ankle sprain. [CO3] [Unit 6] [Understand LOT]

Section C

(20x7=140 Marks)

36. Design a pre-exercise evaluation programme for a young athlete as per the ACSM guidelines? [CO3] [Unit 1] [Analyze HOT]
37. Analyze the overall fitness assessment protocol for a 35 year old football player. [CO3] [Unit 1] [Analyze HOT]
38. A 30 year old weight-lifter lady suddenly experiences a sharp pain in the lower back area during her practice sessions 2 days before. Pain progresses as tingling sensations in bilateral lower limb, pain is 8 out of 10 on NPRS scale and spinal flexion is more difficult

- than extension. Write down the assessment, diagnose the condition and design the management protocol for the above mentioned case. [CO3] [Unit 3] [Analyze HOT]
39. How will you differentiate “piriformis syndrome” from other lumbar joint pathology (PIVD, spondylosis, spondylolisthesis, facet joint pathology) in patients complaining of radiating low back pain? Write down the management protocol for piriformis syndrome. [CO1] [Unit 4] [Analyze HOT]
40. A 32 year old female marathon runner presents with the history of insidious onset, sharp, burning pain on the lateral aspect of her right knee since last week. The pain begins after a mile of running and is aggravated by descending stairs and downhill running. Write down the assessment, diagnose the condition and plan out the management protocol for the above mentioned case. [CO3] [Unit 4] [Analyze HOT]
41. A 24 year old football player complained of acute knee pain following a tackle during a game where his foot was planted and a lateral force was applied to his knee. He reports immediate swelling, instability and popping sensation at time of injury. Write down the assessment, diagnose the condition and design the management protocol for the above mentioned case. [CO3] [Unit 5] [Analyze HOT]
42. What are maxillofacial injuries? Describe the common types, mechanisms of injury, symptoms, and design the management strategies for an athlete with maxillofacial injury. [CO1] [Unit 6] [AnalyzeHOT]

Summary Sheet:

Course Outcome Wise

Course Outcome	Question No.	Marks
CO 1	8, 9, 10, 12, 14, 15, 16, 17, 19, 20, 29,33,39,42	110
CO 2	1, 2, 3, 4, 5, 21, 22, 23, 24	65
CO 3	11, 13, 18, 25,30,31,32,34,35,36,37,38,40,41	175
CO 4	6, 7, 26, 27, 28	40
	Total	390

Unit Wise

Unit	Question No.	Marks
1	1, 2, 3, 4, 5, 21, 22, 23, 24, 25, 36, 37	115
2	6, 7, 26,27,28	40
3	8, 9, 29,38	40
4	10, 11,30,31,32,39,40	80
5	12, 13, 14, 15, 16, 33,34,41	65
6	17, 18, 19, 20, 35, 42	50
	Total	390

BTL Wise

BTL	Question No.	Marks
LOT	1-21, 23,24,26,29-35	210
HOT	22,25,27,28,36-42	180
	Total	390

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Disclaimer: - This is a Practice Set. The Question in End term examination will differ from the Practice set. This Practice set is meant for practice only.