



**PRACTICE SET**  
**End Semester Examination, Spring- 2026**

**Program:-BPT**

**Semester:-VIIIth**

**Subject:- Physiotherapy in Sport Conditions -II**

**Subject Code: - 23A803**

**Course Outcome:**

On the completion of the Course, the students will be able to:

<b>Course Outcomes</b>	<b>Description</b>
CO1	Understand the knowledge, concepts and biomechanics of various sports injuries.
CO2	Apply guideline for prevention of injuries and pre sports training.
CO3	Evaluate and plans management and rehabilitation protocols for specific injuries on-field and off-field.
CO4	Design exercise for specific gender or age group.

**UNIT I**

**Section A (10 marks)**

1. Discuss the role of static and dynamic stabilizers in maintaining shoulder stability.[CO3] [Understand LOT]
2. Explain Bankart lesion and Hill-Sachs lesion in relation to shoulder instability. [CO1] [Understand LOT]
3. Explain the clinical examination of rotator cuff injury, including special tests used for diagnosis. [CO3] [Understand LOT]
4. Explain the role of the supraspinatus tendon in shoulder abduction and stability. [CO2] [BTL Understand]
5. Differentiate between Biceps Tendinitis and Biceps Tendon Rupture. [CO3] [Analyze HOT]
6. Discuss the physiotherapy management of biceps tendinitis and rupture. [CO3][Understand LOT]
7. Discuss the role of MRI in diagnosis of pectoralis major rupture. [CO3] [Understand LOT]
8. Explain the clinical evaluation and rehabilitation protocol for a patient with pectoralis major rupture. [CO3][Understand LOT]

### **Section B (20 marks)**

9. Design a physiotherapy rehabilitation protocol of shoulder instability. [CO3] [Create HOT]
10. Analyze how rotator cuff muscle coordination contributes to shoulder stability during overhead sports such as cricket bowling, swimming, and volleyball. (CO3) (Analyze)
11. An athlete develops sudden upper arm pain with a visible bulge during activity. Analyze the likely diagnosis and its impact on sports performance. [CO3] [Analyze HOT]
12. Analyze the rehabilitation protocol after surgical repair of biceps tendon rupture. (CO4 | BTL: Analyze HOT)

## **UNIT II**

### **Section A (10 marks)**

13. Apply your knowledge and prepare the rehabilitation protocol of scapular dyskinesis. [CO3][Apply LOT]
14. Explain the Scapulohumeral rhythm. [CO1] [Understand LOT]
15. Interpret special tests used to diagnose tennis elbow. [CO3][Understand LOT]
16. Define Golfer's elbow and explain its etiology, pathophysiology, and clinical features. [CO3] [Remember LOT]
17. Interpret "Phalen's test" and "Tinel's sign". [CO3][Understand LOT]
18. Explain the pathophysiology of Carpal Tunnel Syndrome. [CO1] [Understand LOT]

### **Section B (20 marks)**

19. Analyze X-ray findings and differential diagnosis of AC joint dislocation. [CO4] [Analyzing HOT]
20. A tennis player presents with lateral elbow pain aggravated by gripping. Design an appropriate sports physiotherapy assessment and rehabilitation plan, including return-to-play progression.[CO2] [Create HOT]
21. Evaluate the role of splinting and rehabilitation exercises in Gamekeeper's thumb recovery. [CO3] [Evaluate HOT]

## **UNIT III**

### **Section A (10 marks)**

22. Explain in detail the general principles of sports training. [CO2] [Understand LOT]
23. Describe the physiological basis of training adaptation. [CO1] [Understand LOT]
24. Describe the intrinsic and extrinsic factors affecting injury prevention. [CO2] [Understand LOT]
25. Discuss the role of protective equipment and proper technique in injury prevention. [CO2][Understand LOT]
26. Explain a comprehensive rehabilitation program for a sports injury from acute stage to return-to-play phase. [CO3][Understand LOT]
27. Discuss psychological needs of an athlete during rehabilitation. [CO3] [Understand LOT]

**Section B (20 marks)**

28. Evaluate physiotherapy management of overuse injuries in long-distance runners. [CO3] [ Evaluate HOT]
29. Analyze the causes and Physiotherapy management of stress fractures in track and field athletes. [CO3] | [Analyzing HOT]

**UNIT IV**

**Section A (10 marks)**

30. Discuss the role of nutrition, menstrual function, and bone health in the Female Athlete Triad. [CO1] [ Understand LOT]
31. Interpret screening, prevention, and rehabilitation strategies for Female Athlete Triad. [CO2][ Apply LOT]
32. Describe overuse injuries in younger athletes with examples and preventive strategies. [CO2] [ Understand LOT]
33. Discuss the nutritional challenges in children with chronic illness and outline their dietary management. [CO4][ Understand LOT]
34. Design a one-day balanced diet plan for a chronically ill child with increased protein needs. [CO4][ Create HOT]
35. Discuss musculoskeletal problems in younger athletes and their management. [CO3] [ Understand LOT]

**Section B (20 marks)**

36. A young baseball player presents with elbow pain during throwing. Formulate possible diagnoses and design a sport-specific physiotherapy management plan with justification. (CO2) ( Create- HOT)
37. Analyze how age-related physiological changes affect strength, endurance, flexibility, and recovery in older athletes. [CO2] [Analyze HOT]

**UNIT V**

**Section A (10 marks)**

38. Describe how aging affects strength, endurance, flexibility, and balance in athletes. [CO1] [ Understand LOT]
39. Discuss the physiological changes associated with aging and their impact on athletic performance. [CO1] [ Understand LOT]
40. Discuss principles of strength training. [CO2] [ Understand LOT]
41. Discuss psychological needs of an athlete during rehabilitation. [CO3] [ Understand LOT]

**Section B (20 marks)**

42. Design the adaptations to training in older athletes and how training programs should be modified. [CO2] [ Create HOT]

**Summary Sheet**  
**CO Wise**

<b>CO</b>	<b>Q. No</b>	<b>Marks</b>
CO1	2,14,18,23,30,38,39	70
CO2	4,20,22,24,25,31-32,36-37,40,42	150
CO3	1,3,5-11,13,15-17,21,26-29,35,41	260
CO4	12,19,33,34	60
<b>Total</b>		<b>540</b>

**Unit Wise**

<b>Unit</b>	<b>Q. No</b>	<b>Marks</b>
Unit 1	1-12	160
Unit 2	13-21	120
Unit 3	22-29	100
Unit 4	30-37	100
Unit 5	38-42	60
<b>Total</b>		<b>540</b>

**Blooms Taxonomy Level ( ) Wise**

	<b>Q. No</b>	<b>Marks</b>
LOT	1-8,13-18,22-27,30-35,38-41	300
HOT	9-12,19-21,28-29,36-37,42	240
<b>Total</b>		<b>540</b>

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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.