REV-01
BPT/61/31/35

2024/05

SET A

BACHELOR OF PHYSIOTHERAPY
EIGHTH SEMESTER
PT IN SPORTS & ALLIED THERAPEUTICS
BPT – 801

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs. **Full Marks: 70**

(Objective)

Time: 30 min. **Marks: 20**

Choose the correct answer from the following: ***1×20=20***

1. Who is the father of kinesiotaping?
   a. K Kase
   b. F Muller
   c. Jacobson
   d. Cyriax

2. Which of the following substrates cannot contributes to net gluconeogenesis in liver?
   a. Alanine
   b. Glutamate
   c. Pyruvate
   d. Palmitate

3. Mallet finger injury if untreated can lead to which of the following deformity?
   a. Buttonaire deformity
   b. Ape hand deformity
   c. Swan neck deformity
   d. Policeman tip deformity

4. Choose the correct answer?
   a. Gene doping is quite common in Olympics now a days
   b. Caffeine is banned in Olympic
   c. Stimulants are used more than anabolic steroids in sports now
   d. Anabolic androgenic steroids are used in sports to induce bone & muscle growth

5. Which of the following special test is not accurate to diagnose LCL-Knee injury?
   a. External rotation recurvatum test
   b. Posterolateral drawers test
   c. Varus stress test
   d. None of the above

6. Name the energy source of the brain during starvation?
   a. Protein
   b. Fat
   c. Ketone bodies
   d. All of the above

7. Visceral fat assessment can be done through which of the following tool?
   a. Bod Pod Device
   b. DEXA Scan
   c. Bioelectric Impedance Analyzer
   d. Both a & c

8. What is the recommended training load [% 1RM] to gain muscle hypertrophy?
   a. < 65%
   b. 70-85%
   c. > 85%
   d. 50-70%

9. Which of the following sugar is common in sports drink?
   a. Maltodextrin
   b. Fructose
   c. Sucrose
   d. Phencodextrin

10. Dr Kenzokase postulated the concept of kinesiotaping & his occupation was which of the following?
    a. Physical therapist
    b. Osteopaths
    c. Chiropractics
    d. Neurophysiologist

11. Dolphin kick is related to which form of swimming?
    a. Butterfly
    b. Medley
    c. Freestyle
    d. Breaststroke

12. Which of the following injury is common in skiing sports?
    a. MCL Sprain Knee
    b. Deltoid Sprain Ankle
    c. PCL Sprain Knee
    d. LCL sprain Knee

13. Which one is contraindicated in sports massage?
    a. Bursitis
    b. Synovitis
    c. Tendinitis
    d. Myositis

14. Which hormone is not used in hydrolysis of triacylglycerol into fatty acids in adipose tissue?
    a. Insulin
    b. Epinephrine
    c. Nor epinephrine
    d. Glucagon

15. The T agility test is not tested in which of the following direction?
    a. Forward
    b. Lateral
    c. Backward
    d. Medial

16. Which of the following tendon is affected in De Quervains Syndrome?
    a. Adductor pollicis longus
    b. Extensor pollicis brevis
    c. Extensor pollicis longus
    d. Both a & b

17. World anti doping agency [WADA] headquarter located in which city?
    a. Washington DC
    b. Geneva
    c. Montreal
    d. Brazil

18. Which of the following food comes under high glycemic index chart?
    a. Watermelon
    b. Sweet Potato
    c. Ice Cream
    d. Brown Rice

19. Neer's test positive implies which of the following?
    a. Bicipital Tendinitis
    b. Rotator Cuff Tendinopathy
    c. Supraspinatus Tendinitis
    d. Subacromial Impingement

20. Bonking refers to which of the following?
    a. Sensation of disorientation
    b. Dizzinez
    c. Felling of restlessness
    d. Feeling of fatigue

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Descriptive

Time : 2 hrs. 30 min. Marks : 50

[Answer question no.1 & any four (4) from the rest]

1. Discuss PT assessment in detail of Rotator Cuff Tendinopathy with explanation of all special test, outcome scale & differential diagnosis. 10

2. Discuss Mc Murrays & Apley's test with its clinical significance. Explain rehabilitation protocol post meniscus repair surgery. 4+6=10

3. Discuss Swimming biomechanics in detail. Explain classification of carbohydrates with example. 6+4=10

4. Explain different phases of running biomechanics in detail. 10

5. Elaborate the metabolism of protein with a flow chart & also discuss about deamination. 10

6. Write an essay on sports nutrition & performance enhancing drugs in sports. 5+5=10

7. What are the risk factors of overuse injury? Explain phases of soft tissue injury. 5+5=10

8. What are the physiological effects of taping? List out the principles of sports rehabilitation. 6+4=10

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