

**BACHELOR OF PHYSIOTHERAPY
EIGHTH SEMESTER
PT IN SPORTS AND ALLIED THERAPEUTICS
BPT-801**

(USE SEPARATE ANSWER SCRIPTS FOR OBJECTIVE & DESCRIPTIVE)

Duration: 3 hrs.

Full Marks: 70

Time: 20 min.

(PART-A: Objective)

Marks: 20

Choose the correct answer from the following:

1×20=20

1. Injury to a muscle-tendon unit secondary to excessive contractile or stretching load is called
 - a Sprain
 - b Strain
 - c Subluxation
 - d Laceration
2. The most common site for ligamentous injuries are those of the
 - a Ankle joint
 - b Elbow joint
 - c Knee joint
 - d Shoulder joint
3. Which performance - enhancing drug acts like testosterone, increasing muscle mass in those who use it?
 - a Strychnine
 - b Erythropoietin
 - c Diuretics
 - d Anabolic steroids
4. Apley's grinding test is positive in
 - a Cruciate ligaments of knee
 - b Rotator cuff injury
 - c Meniscus injury
 - d MCL injury of knee
5. Sports performance is the bi-product of
 - a Skill
 - b Conditional ability
 - c Total personality
 - d Tactical ability
6. Which of the following injury is known as strain?
 - a Bone
 - b Tendons
 - c Ligament
 - d Blood vessels
7. Unhappy triad consists of injury to
 - a ACL, PCL, Joint Capsule
 - b MCL, LCL, Patella Tendon
 - c Lateral Meniscus, ACL, Deltoid ligament
 - d ACL, Medial Meniscus, MCL
8. Black or blue discoloration of the skin caused by haemorrhage is called
 - a Contusion
 - b Bruise
 - c Ecchymosis
 - d Tendinopathy
9. Positive pivot shift test in knee is because of injury to:
 - a Anterior cruciate ligament
 - b Posterior cruciate ligament
 - c Medial collateral ligament
 - d Posterior elbow ligament

10. Which of the following injury is related to ligament?
 - a Strains
 - b Sprain
 - c Contusion
 - d None of the above
11. Normal BMR value
 - a 24 kcal/kg body wt/day
 - b 24 cal/kg body wt/hr
 - c 35 kcal/kg body wt/day
 - d 35cal/kg body wt/hr
12. Maximum amount of protein an athlete can consume in pre exercise event?
 - a 30 gm
 - b 50 gm
 - c 10 gm
 - d 25 gm
13. Peripheral neuropathy is due to toxicity or high dose of?
 - a Pyridoxine
 - b Pantothenic acid
 - c Niacin
 - d Biotin
14. Which food item doesn't come under low glycemic food index?
 - a Peas
 - b Sweet potato
 - c Popcorn
 - d Cornmeal
15. Which muscle is active more than 70% during running in both phases?
 - a Hamstring
 - b Tibialis anterior
 - c VMO
 - d Gastrocnemius
16. Aerobic metabolism occurs in which parts of the cell?
 - a Nuclear membrane
 - b Cytoplasm
 - c Mitochondria
 - d Endoplasmic retinaculum
17. At shoulder joint acceleration phase accounts for how much time?
 - a 500 milliseconds
 - b 100 millisecond
 - c 05 milliseconds
 - d 50 millisecond
18. Essential fat accounts for how much body weight in female?
 - a 3-8%
 - b More than 15%
 - c 8-12%
 - d 10-15%
19. Chest compression & breath ratio in CPR should be how much?
 - a 10:05
 - b 50:05
 - c 20:02
 - d 30:02
20. Transverse fracture in sports mostly occurs due to
 - a Axial compressive load
 - b Torsional load
 - c Spiral load
 - d Bending load

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(PART-B : Descriptive)

Time : 2 hrs. 40 min.

Marks : 50

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

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| 1. Elaborate carbohydrate metabolism in sports & its substrates with suitable diagrams. | 10 |
| 2. Describe the psychological factors in sports performance. Classify sports injuries. | 5+5=10 |
| 3. Discuss the clinical picture of anterior cruciate ligament injury. Write its rehabilitation protocol. | 5+5=10 |
| 4. Explain the physics of soccer sports. | 10 |
| 5. Define quadriceps contusion. Write down its clinical features and its physiotherapeutic management. | 2+3+5=10 |
| 6. Difference between aerobic & anaerobic metabolism? Explain Body composition analysis methods. | 5+5=10 |
| 7. Describe briefly:
a) Pathomechanics of fracture & change in bone properties
b) Hamstring strain | 5+5=10 |
| 8. Write short notes on:
a) Special Tests for Ligament Injuries of Knee.
b) Protective Equipments in Sports | 5+5=10 |

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