

**BACHELOR OF PHYSIOTHERAPY
EIGHT SEMESTER
PT IN SPORTS & ALLIED THERAPEUTICS
BPT-801[SPECIAL REPEAT]
[USE OMR SHEET FOR OBJECTIVE PART]**

**SET
A**

Duration: 3 hrs

Full Marks: 70

Time: 30 min.

(Objective)

Marks: 20

1X20=20

Choose the correct answer from the following:

- The Phases in running cycle include
 - Stance
 - Swing
 - Float
 - All of the above
- In adult how much calorie supplied by fat cells
 - 60,000-70,000 Kcal
 - 70,000-75,000 Kcal
 - 75,000-80,000 Kcal
 - 50,000-70,000 Kcal
- The ability to move a light resistance for an extended period of time is
 - Strength Endurance
 - Dynamic Strength
 - Static Strength
 - Reactive Strength
- What is the definition of overweight?
 - BMI 20 to 25
 - BMI 25 to 30
 - BMI 30 to 35
 - BMI >35
- What is the most common swimming stroke used in competitions like the Olympics?
 - Breaststroke
 - Backstroke
 - Butterfly
 - Freestyle
- Which part of the body plays a crucial role in maintaining buoyancy during swimming?
 - Legs
 - Arms
 - Core
 - Neck
- In competitive swimming, how long is an Olympic-sized pool (standard pool length)?
 - 25 meters
 - 50 meters
 - 100 meters
 - 200 meters
- The "T-Test" involves performing movements in the shape of which letter?
 - T
 - L
 - Z
 - X
- In the "Illinois Agility Test," what is the total distance covered by the athlete?
 - 10 meters
 - 20 meters
 - 30 meters
 - 40 meters

10. The "L-Drill" agility test is also known by which other name?
 - a. Zig-zag Test
 - b. Square Drill
 - c. Shuttle Run Test
 - d. Hexagon Drill
11. BMI is a measure used to assess-
 - a. Body fat percentage
 - b. Lean muscle mass
 - c. Bone density
 - d. Blood pressure
12. Which of the following sugar is common in sports drink?
 - a. Maltodextrin
 - b. Sucrose
 - c. Fructose
 - d. None
13. Which of the following injury is common in skiing sports?
 - a. MCL
 - b. LCL
 - c. PCL
 - d. ALL OF THE ABOVE
14. How many bursae are there in knee joints?
 - a. 5
 - b. 10
 - c. 50
 - d. 20
15. Mallet finger is also known as ?
 - a. Cricketer finger
 - b. Jerky finger
 - c. Baseball finger
 - d. None
16. C shaped pad cartilage in the knee joints which acts as shock absorber is known as ?
 - a. Ligaments
 - b. Meniscus
 - c. Fat pad
 - d. All of the above
17. Deltoid ligaments has got how many bands?
 - a. 4
 - b. 5
 - c. 8
 - d. 6
18. Low glycemic index food example?
 - a. Apple
 - b. Ice Cream
 - c. Rice
 - d. Watermelon
19. The patient tries to flex the shoulder against resistance with the elbow extended and the forearm supinated—name the test ?
 - a. Neers test
 - b. Hawkins test
 - c. Jack test
 - d. Speeds test
20. Pivot shift test positive is indicative of which of the following injury?
 - a. Meniscus
 - b. ACL
 - c. PCL
 - d. Strain

(Descriptive)

Time : 2 hrs. 30 min.

Marks : 50

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

1. Write about steps in biomechanics of throwing and swimming? 10
2. Write about carbohydrate metabolism in athletes? And Write about any three path physiology and path mechanics of sports injuries. 10
3. Write in detail about Body Fat Percentage and how to conduct the test. How to monitor athlete's body weight by using Body Mass index. 10
4. What is Agility test and write 5 different varieties of agility test. And how to conducts the tests write in detail. 10
5. Explain management of overuse injury in sports in detail? 10
6. Discuss protective equipments used in sports in detail? 10
7. Explain PT Protocol after meniscus repair? 10
8. Explain PT management of tennis elbow? 10

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