

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

**SET  
A**

Duration: 3 hrs.

Full Marks: 70

Time: 30 min.

Marks: 20

( Objective )

Choose the correct answer from the following:

1×20=20

- Which method of strength testing useful in comparing strength amongst individuals?
  - Relative strength
  - Functional strength
  - Absolute strength
  - Adaptive strength
- Which of the following substrates cannot contribute to net gluconeogenesis in liver?
  - Alanine
  - Glutamate
  - Pyruvate
  - Palmitate
- Mallet finger injury if untreated can lead to which of the following deformity?
  - Buttonaire deformity
  - Ape hand deformity
  - Swan neck deformity
  - Policeman tip deformity
- Choose the correct answer?
  - Gene doping is quite common in Olympics now a days
  - Caffeine is banned in Olympic
  - Stimulants are used more than anabolic steroids in sports now
  - Anabolic androgenic steroids are used in sports to induce bone & muscle growth
- Which of the following special test is not accurate to diagnose LCL-Knee injury?
  - External rotation recurvatum test
  - Posterolateral drawers test
  - Varus stress test
  - None of the above
- Name the energy source of the brain during starvation?
  - Protein
  - Fat
  - Ketone bodies
  - All of the above
- Visceral fat assessment can be done through which of the following tool?
  - Bod Pod Device
  - DEXA Scan
  - Bioelectric Impedance Analyzer
  - Both a & c
- What is the recommended training load [% 1RM] to gain muscle hypertrophy?
  - < 65%
  - 70-85%
  - > 85%
  - 50-70%
- Which of the following sugar is common in sports drink?
  - Maltodextrin
  - Fructose
  - Sucrose
  - 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. Which of the following agility test can be performed anticlockwise?
  - a. Hexagon test
  - b. Y shaped reactive test
  - c. Illinois test
  - d. Shark skill test
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. Norepinephrine
  - 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 Querveins Syndrome?
  - a. Adductor pollicis longus
  - b. Extensor pollicis brevis
  - c. Extensor pollicis longus
  - d. Both a & b
17. Which of the following is not a function of protein?
  - a. Helps in digestion
  - b. Fight against invading pathogens
  - c. Carries genetic information's
  - d. Oxygen transportation in blood
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. Which of the following condition can get benefitted from EMG Biofeedback?
  - a. Osteochondrosis
  - b. Reynaud's disease
  - c. Cauda equina syndrome
  - d. All of the above

**( Descriptive )**

Time : 2 hrs. 30 min.

Marks : 50

*[ Answer Question No.1 & Any Four (4) From The Rest ]*

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| 1. Elaborate Gluconeogenesis & its substrate. What are the 3 energy system of Our bodies explain?  | 6+4=10 |
| 2. Discuss Mc Murrays & Apleys test with its clinical significance. Explain rehabilitation protocol post meniscus repair surgery.  | 4+6=10 |
| 3. Discuss Swimming biomechanics in detail. What are the Pathomechanics of muscle tendon unit?   | 5+5=10 |
| 4. What are the differences between aerobic & anaerobic metabolism? Explain the principles of tapping.   | 5+5=10 |
| 5. Discuss rehabilitation protocol with research evidence post arthroscopic repair of rotator cuff muscle. Which PNF technique can help in advance rehabilitation of the same & how? | 8+2=10 |
| 6. Explain 3 stress test for ankle lateral ligaments. List out differential diagnosis of lateral elbow pain.   | 6+4=10 |
| 7. What are the risk factors of overuse injury? Discuss PT management of quadriceps contusion injury.  | 5+5=10 |
| 8. Discuss in detail about body fat percentage and how to conduct the test.  | 7+3=10 |

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