

**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

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?
 - Butt-naire 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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