

**MASTER OF PHYSIOTHERAPY
THIRD SEMESTER
PHYSIOTHERAPY MANAGEMENT IN
SPORTS INJURIES - III
MPT – 303
[USE OMR SHEET FOR OBJECTIVE PART]**

**SET
A**

Duration: 3 hrs.

Full Marks: 70

Time: 30 min.

(Objective)

Marks: 20

$1 \times 20 = 20$

Choose the correct answer from the following:

1. The primary purpose of a preseason health exam is
 - a. Determine body
 - b. Identify whether an athlete is at risk before they participate
 - c. Reveal qualifying conditions
 - d. None of the above
2. What is the normal range for BMI in humans
 - a. <17
 - b. <18.5
 - c. <19.5
 - d. <21.5
3. Which class of medications is commonly prescribed to treat hypertension?
 - a. Antidepressants
 - b. Antihistamines
 - c. Antibiotics
 - d. Diuretics
4. Variations in body composition between individuals are mainly due to variations in:
 - a. Waist circumference
 - b. Fat mass
 - c. Total body water
 - d. Height
5. What does BMI stands for?
 - a. Body Mass Indicator
 - b. Body Max Index
 - c. Body Mass Index
 - d. Body More Index
6. Scientific name of human body measurement:
 - a. Anthrology
 - b. Anthropometry
 - c. Anthrax
 - d. Anthropology
7. What is the recommended blood glucose level (mg/dL) for fasting individuals without diabetes?
 - a. 70-100 mg/dL
 - b. 100-125 mg/dL
 - c. 126 mg/dL or higher
 - d. 140 mg/dL or higher
8. What is the recommended first-line treatment for athlete's foot?
 - a. Antibiotics
 - b. Antiviral medications
 - c. Antifungal creams or powders
 - d. Steroid injections

9. What type of organism causes athlete's foot?
 - a. Virus
 - b. Bacterium
 - c. Fungus
 - d. Parasite
10. How is HIV primarily transmitted, posing a concern for sports with a risk of blood exposure?
 - a. Through sweat and tears
 - b. By casual skin contact
 - c. Through sharing food and drinks
 - d. Via blood-to-blood contact or sexual contact
11. Measurement of a person's weight to height ratio is -
 - a. BMI
 - b. Dexa
 - c. BEI
 - d. BIA
12. How does regular physical activity benefit individuals with diabetes?
 - a. Increases blood glucose levels
 - b. Improves insulin sensitivity
 - c. Decreases metabolism
 - d. Causes weight gain
13. Formula to calculate BMI-
 - a. Kg/cm
 - b. Kg/m^2
 - c. $\text{Kg} \times \text{cm}$
 - d. Kg^2
14. What is a common symptom of cellulitis, a bacterial skin infection that can occur in athletes?
 - a. Joint stiffness and pain
 - b. Swollen, red, and warm skin around a wound
 - c. Persistent cough and fever
 - d. Nausea and vomiting
15. What is the main treatment for lactose intolerance?
 - a. Lactose-free diet
 - b. Antibiotics
 - c. High-fiber diet
 - d. Increased dairy consumption
16. Which of the following conditions increases the risk of bacterial infections in athletes?
 - a. Regularly washing hands and equipment
 - b. Walking barefoot in communal locker rooms and showers
 - c. Wearing clean, breathable sports gear
 - d. Properly treating all cuts and scrapes immediately
17. Which of the following is a potential risk for athletes with uncontrolled hypertension during intense physical activity?
 - a. Decreased endurance and muscle weakness
 - b. Increased risk of a heart attack or stroke
 - c. Low body temperature
 - d. Reduced risk of injury
18. Somatotype classification was given by-
 - a. Herbert Sheldon
 - b. HM Barrow
 - c. Stufflebeam
 - d. Jack Nelson
19. Which bacterial infection commonly affects athletes who suffer from cuts or abrasions, especially on artificial turf, leading to cellulitis or abscess formation?
 - a. Staphylococcus aureus
 - b. Bordetella pertussis
 - c. Salmonella typhi
 - d. Haemophilus influenzae

20. Which of the following is a common symptom of inflammatory bowel disease (IBD)?
- a. Increased appetite
 - b. Rapid weight gain
 - c. Chronic diarrhea
 - d. Joint pain

(Descriptive)

Time: 2 hrs 30 min

Marks: 50

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

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| 1. Significance of Kinanthropometry in sports and define Sheldon techniques? | 10 |
| 2. Explain different body compositions with different body types?
Explain various procedures to measure body composition? | 10 |
| 3. Explain any 5 common infectious disease and its management? | 10 |
| 4. Exercise prescription for diabetes following ACSM Guidelines | 10 |
| 5. What is Athlete foot? mention its causes, treatment and management? | 10 |
| 6. Write a short note on DOMES? What challenges a physiotherapist faces effectively implementing the DOMES approach? | 10 |
| 7. Write a short note on
a. Bioelectrical impedance analysis
b. Ultrasound assessment of fat? | 10 |
| 8. Exercise prescription for Congestive heart Failure following ACSM Guidelines | 10 |

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