

**MASTER OF PHYSIOTHERAPY
FIRST SEMESTER
SPORTS INJURIES I –
ASSESSMENT & EXAMINATION
MPT – 104**

**SET
A**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

Time: 30 min.

(**Objective**)

Marks: 20

Choose the correct answer from the following:

1×20=20

1. Which fitness test is used to assess an athlete's cardiovascular endurance?
 - a. Sit and Reach Test
 - b. Beep Test (Yo-Yo Test)
 - c. Vertical Jump Test
 - d. Handgrip Strength Test
2. The vertical jump test is commonly used to measure:
 - a. Speed
 - b. Balance
 - c. Agility
 - d. Power
3. An ankle sprain is most often caused by which of the following mechanisms?
 - a. Excessive dorsiflexion
 - b. Excessive eversion
 - c. Excessive inversion
 - d. Excessive plantarflexion
4. Which of the following is typically NOT part of a standard Pre-Participation Evaluation?
 - a. Medical history review
 - b. Cardiovascular screening
 - c. Sports skills assessment
 - d. Musculoskeletal examination
5. In the musculoskeletal examination of the PPE, which of the following is NOT typically assessed?
 - a. Joint stability
 - b. Range of motion
 - c. Reflexes
 - d. Muscle strength
6. Which of the following sports can involve both contact and non-contact elements, depending on the nature of the game?
 - a. Wrestling
 - b. Rugby
 - c. Soccer
 - d. Swimming
7. In terms of injury prevention, which of the following methods is unique to contact sports?
 - a. Conditioning and strength training
 - b. Use of personal protective equipment
 - c. Dynamic warm-ups
 - d. Flexibility exercises

8. During an MSK screening, which test would most likely be used to evaluate proprioception and balance?
 - a. Sit-Up Test
 - b. Single-Leg Stand Test
 - c. Vertical Jump Test
 - d. Push-Up Test
9. What is the primary purpose of a musculoskeletal (MSK) screening?
 - a. To diagnose specific injuries
 - b. To assess body composition
 - c. To identify risk factors for injury and assess functional movement
 - d. To measure cardiovascular endurance
10. Which of the following is a key component for generating muscular power?
 - a. Strength and speed
 - b. Endurance and balance
 - c. Flexibility and agility
 - d. Coordination and timing
11. Which among the following is a soft tissue injury
 - a. Abrasion
 - b. Strain
 - c. Sprain
 - d. Above all
12. ABC in primary survey stands for-
 - a. Airway, Bandage and call medical emergencies
 - b. Airway, Breathing and circulation
 - c. Ambulance, bandage and circulation
 - d. Airway ,Breathing and call medical emergencies
13. Which is the most common site of fracture in sports
 - a. Wrist
 - b. Forearm
 - c. Hand
 - d. Ankle
14. Which of the following is considered as an overuse injury?
 - a. Muscle Strain
 - b. Bursitis
 - c. Muscle soreness
 - d. Ankle sprain
15. The highest duration of training should be performed during which of the following sports season
 - a. Post season
 - b. Pre season
 - c. In season
 - d. Off season
16. The level of strength can be determined by using the following except
 - a. Cable tensiometer
 - b. Cybex isokinetic dynamometer
 - c. Nautilus Machine
 - d. Dynamometer
17. Following tests are the components of functional strength except:
 - a. Bench press
 - b. Push-ups
 - c. Harvard step test
 - d. Sit-ups
18. The most appropriate standardized instrument to measure level of consciousness is:
 - a. GCS
 - b. Barthel index
 - c. Rankin scale
 - d. Sickness impact profile

19. Sacroliac joint pathology is confirmed by which of the following tests ?
- a. Slump test
 - b. Fabers's test
 - c. Tripod test
 - d. Craig's test
20. Following are the components of atheletic conditioning program except
- a. Strength
 - b. Power
 - c. proprioception
 - d. Nutrition

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(Descriptive)

Time: 2 hrs 30 min

Marks: 50

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

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| 1. Define Sports injury. Also explain about contact and non-contact injury in the field of sports. | 10 |
| 2. Explain one endurance test, Agility test, speeds test, flexibility, Co-ordination test, used to test athletes fitness. | 10 |
| 3. Explain the Pathomechanics of ACL injury in detail. Define 'PRICE' protocol and how does it helps in Acute injury management? | 10 |
| 4. Define the injuries that are commonly seen in Gymnastics, Badminton and Swimming? | 10 |
| 5. What is pre-participation evaluation in sports, Discuss | 10 |
| 6. What are the different water sports ,explain the common sports injuries | 10 |
| 7. Write in detail about the on field assessment in sports | 10 |
| 8. Define Cardiovascular endurance? Explain the different test use to assess cardiovascular endurance | 10 |

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