



MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY (MMUST)

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2020/2021 ACADEMIC YEAR

SECOND YEAR, FIRST TRIMESTER EXAMINATIONS

FOR THE DEGREE

OF

BACHELOR OF SCIENCE IN PHYSIOTHERAPY (MAIN PAPER)

COURSE CODE: BSP 314

COURSE TITLE: SPORTS MEDICINE I

DATE: WEDNESDAY 20<sup>TH</sup> APRIL 2022

TIME: 2:00-5:00 PM

**INSTRUCTIONS TO CANDIDATES**

**Answer all Questions**

Sec A: Multiple Choice Questions (MCQ) 20 Marks

Sec B: Short Answer Questions (SAQ) (40 marks)

Sec C: Long Answer Questions (LAQ) ( 40 marks)

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 6 Printed Pages. Please Turn Over.



**SECTION A-MULTIPLE CHOICE QUESTIONS. (20 MARKS)**

1. RICE” is a protocol used in sports. What does ‘C’ stand for?
  - a) Concussion
  - b) Cold therapy
  - c) Compression.
  - d) Consistency
  
2. Which one of the following is an overuse injury?
  - a) Osteochondra fractures
  - b) Neuropraxia
  - c) Tenosynovitis
  - d) Traumatic bursitis.
  
3. Which one of the following is a principle of sports injury management?
  - a) Monitor the extend of healing.
  - b) Reduce associated pain and inflammation.
  - c) Assess healing of damaged tissue
  - d) Enhancing of performance.
  
4. Which of the following injuries MATCHES with the corresponding biomechanical abnormalities?
  - a) Medial shin pain, supinated foot
  - b) Patella tendinopathy, anterior pelvic tilt.
  - c) Achilles tendinopathy, supinated foot.
  - d) Patellofemoral syndrome, posterior pelvic tilt.
  
5. Common biomechanical abnormality causing Hamstring injury is?
  - a) Varus alignment
  - b) Ankle equinus
  - c) Pronated foot
  - d) Tight harmstings
  
6. A player felled across Paul knee while playing football. At the time of the injury ,he felt a “pop”, crack or feeling something going out and then going back, The possible injury is?
  - a) Lateral menisci
  - b) Medial menisci

- c) Anterior cruciate ligament
- d) Posterior cruciate ligament

7. Which one of the following is NOT an extrinsic predisposing factor to overuse injuries?

- a) In appropriate shoes.
- b) In adequate nutrition
- c) Lack of flexibility.
- d) Raining errors.

8. In Iliotibial stretch before the hip is extended and abducted, it's performed;

- a. In side lying position with the hip in neutral rotation and knee extension
- b. In side lying position with the hip in neutral position and knee flexion
- c. In supine lying position with the hip in neutral position and knee extension.
- d. In supine lying position with the hip in neutral position and knee flexion

9. Groin pain can be as result of a referred pain. The most common source of pain is?

- a) Lower lumbar spine
- b) Sacroiliac pain
- c) Gluteus minimus
- d) Thoracic spine

10. Inadequate nutrition adversely affects athletics performance. Which one is what optimum nutrition may help to?

- a) Maximize energy stores
- b) Maintain adequate hydration
- c) Achieving ideal body weight
- d) All of the above

11. What are the test that physiotherapist is NOT supposed to assess in the central nervous system for an athlete who has lost conscious

- a) Understanding of command and memory
- b) Coordination of eye movements
- c) Patency of airway and the normal function of the cardiorespiratory systems
- d) Joint range of motion

12." HARM" is a protocol used in sports. What does 'M' stand for?

- a) Manual therapy

- b) Manipulation
- c) Massage
- d) Movement

13. All of the following are symptoms of 'post-concussion syndrome' EXCEPT:

- A. passiveness.
  - B. persistent headache.
  - C. Impaired memory and lack of concentration.
  - D. Irritability.
14. To prevent injury, you should always

- a) Warm up properly
- b) Have appropriate fitness levels before
- c) wear appropriate protective equipment
- d) All of the above

15. The precise effects of sports massage are not well known in the field, however it may not do the following,

- a) Promote efficient scar formation
- b) Reduce excessive adhesions and scar formation in chronic soft tissue
- c) Reduce focal regions of ligamentous tissue thickening
- d) Reduce pain by aiding removal of chemical substances

16. They are four stages in sports treatment. Which one of the following does not match with its management?

- a) Initial..... RICE
- b) Intermediate..... isometric exercises
- c) Advanced..... proprioception
- d) Return to sport..... continue strength, flexibility

17. The slump test is an essential part of the examination of the patient with?

- a) posterior thigh pain
- b) Anterior thigh pain
- c) Hamstrings injuries
- d) Calf pain

18. In modern sports medicine model who is the primary contact,

- a) Physician
- b) Physiotherapist
- c) Coach
- d) One of the above.

19. Which one of the following is NOT a principle of training overuse injuries?

- a) Specificity.
- b) Overload
- c) Individuality.
- d) Preparation.

20. Organization of a polyclinic where athletes rest after is called?

- a) Red zone
- b) Triage
- c) yellow zone
- d) Greene zone

## SECTION B

### SHORT ANSWER QUESTIONS (40 MARKS)

1. Describe the two sports medicine models. (8marks)
2. Muscle strain injuries are classified according to grades. Discuss the grades and outline four (4) factors that predispose an athlete to muscle strains. (8 marks)
3. Discuss any four (4) intrinsic factors that can make an individual more vulnerable to sports injuries (8 marks)
4. Describe different physical preparation strategies used to prevent injury. (8 marks)
5. Describe the principles of sports injuries overall management. (8 marks).

## SECTION C

### LONG ANSWER QUESTIONS. (40 MARKS)

1. There is a relationship between an injury and the technique used in any sport. Discuss one technique and its injury for the following sports: (20 marks)

- a) Javelin
- b) Tennis
- c) Running
- d) Cycling
- e) Weightlifting

2. Select a specific sporting injury scenario (eg. grade 1 hamstring tear, dislocated shoulder) and describe how the TOTAPS procedure for assessing on-field injuries would be applied in this situation. (20 marks)