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**MASINDEMULIROUNIVERSITY OF
SCIENCE AND TECHNOLOGY**

(MMUST)

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

Third Year 2nd Semester

MAIN EXAM

**FOR THE BACHELORS IN HEALTH PROMOTION AND SPORTS
SCIENCE**

COURSE CODE: HSS 307

COURSE TITLE: SPORTS INJURIES AND MANAGEMENT

DATE: THURSDAY, 13TH.APRIL,2023

TIME:12.00-2.00P.M

INSTRUCTIONS TO CANDIDATES
ANSWER QUESTION ONE AND ANY OTHER TWO

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

1a. Classify sporting injuries. (10mks)

b. Using a flow show how sports injuries can be managed.(10mks)

c. State 5 distinctions between extrinsic and intrinsic predisposing factors to sports injuries(10mks)

Q2. Explain ten factors to be considered in the management of sports injuries (20mks)

Q3. Describe return to play protocol.(20mks)

Q4. Discuss the following soft tissue injuries (20mks)

Q5a).Anterior cruciate ligament (4mks)

b).Bursitis (4mks)

c).Tendinitis (4mks)

d).contusion (4mks)

e) concussion (4mks)

Q5. Discuss the athletic trainer's responsibility on or off the field of play (20mks)