



PAPER A

**MASINDE MULIRO UNIVERSITY OF SCIENCE
AND TECHNOLOGY**

(MMUST)

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

THIRD YEAR, SECOND TRIMESTER EXAMINATIONS

FOR THE DEGREE

OF

BACHELOR OF SCIENCE IN PHYSIOTHERAPY

COURSE CODE: BSP 324

COURSE TITLE: SPORTS MEDICINE II

DATE: TUESDAY 11TH APRIL 2023

TIME 8:00-10:00 AM

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 5 Printed Pages. Please Turn Over. 

SECTION A: MULTIPLE CHOICE QUESTIONS (20 Marks)

1. Your Player has point tenderness at the common flexor origin at the elbow. Given this symptom, which diagnosis is likely?
 - A. Medial epicondylitis
 - B. Lateral epicondylitis
 - C. Tendonitis of biceps tendon
 - D. Volkmann's ischemic contracture
2. When an elbow is dislocated, it is important to consider the possibility of what secondary injury?
 - A. Fracture
 - B. Tearing/pinching of the nerves
 - C. Disruption of normal blood supply
 - D. All of the above
3. Which activity is best for people with arthritis of the hip or other conditions that have weakened the joint?
 - A. Swimming
 - B. Tennis
 - C. Weight-lifting
 - D. Walking
4. What is the closed packed position of the wrist?
 - A. Full wrist extension
 - B. Full wrist flexion and full wrist extension
 - C. Full wrist extension and full radial deviation
 - D. Full wrist extension and full ulnar deviation
5. Which wrist position is least effective for grasp?
 - A. Full wrist flexion and full radial deviation
 - B. Full wrist extension and full ulnar deviation
 - C. Full wrist flexion or full wrist extension
 - D. Full wrist extension and full radial deviation
6. In wrist injury, which carpal bone is the most frequently fractured?
 - A. Trapezium
 - B. Lunate
 - C. Capitate
 - D. Scaphoid
7. Of the tests below, which is used to check the integrity of the Achilles tendon?
 - A. Thompson test
 - B. Compression test
 - C. Baker's test
 - D. Greenstick test
8. An 18-year-old man sustained an inversion injury of the ankle while he was playing football. An x ray of the ankle shows no fractures. Which of the following ligaments is most likely to be injured?
 - A. Anterior talofibular ligament
 - B. Anterior tibiofibular ligament

- C. Calcaneofibular ligament
 - D. Deltoid ligament
9. Which of the following is NOT a sign of a shoulder injury?
 - A. Welling and bruising in the shoulder, upper arm or clavicle
 - B. The appearance of an arm being out of joint
 - C. Shoulder pain accompanied by pain in the chest
 - D. Limited range of movement
 10. The Lachman's Test is used to evaluate stability of which of the following?
 - A. Medial collateral ligament
 - B. Anterior cruciate ligament
 - C. Medial meniscus
 - D. Patellar femoral joint
 11. The closed basket weave taping techniques is used to support which of the following
 - A. Arch
 - B. Ankle
 - C. Shin
 - D. Knee
 12. An important piece of equipment to help prevent concussion and damage to the mouth.
 - A. Helmet with no face shield
 - B. Face shield
 - C. Gumshield
 - D. Shin pads
 13. When an athlete injures themselves they follow a grief reaction process. Can you identify the correct order below?
 - A. Denial, Frustration, Anger, Fear and Anxiety, Isolation of Team Mates, Acceptance
 - B. Denial, Anger, Frustration, Isolation of Team Mates, Fear and Anxiety, Acceptance
 - C. Frustration, Denial, Anger, Isolation of Team Mates, Acceptance, Fear and Anxiety
 - D. Anger, Denail, Isolation of Team Mates, Frustration, Fear and Anxiety
 14. What is the most common type of shoulder problem?
 - A. Partial or full dislocation
 - B. Rotator cuff injuries
 - C. Shoulder separation
 - D. Frozen shoulder
 15. Which of the following is NOT a guideline for the prevention of back pain?
 - A. Exercise to stretch the lower back and hamstring muscles.
 - B. Perform exercises that stretch the abdominal area.
 - C. Maintain a healthy weight and body composition.
 - D. Avoid quick, jerky movements of the spine
 16. Torn cartilage is generally the result of:
 - A. Numerous bouts of delayed-onset muscle soreness.
 - B. Unusually high forces or unusual movements.
 - C. Injury to muscle tissue about a joint.
 - D. Overstretching the ligaments around a joint.

17. Which of the following is most likely to increase the risk of leg and foot fractures?
 - A. Warm-up and cool-down
 - B. Gradual increase in intensity of training
 - C. High arches and low flexibility of the lower body
 - D. Stretching the leg muscles
18. Which of the following exercises have generally proven to be effective in reducing the risks of the patella-femoral pain syndrome?
 - A. Stair climbing
 - B. Hamstring stretches
 - C. Exercises that strengthen the quadriceps
 - D. Abdominal exercises
19. Which sport causes the most head injuries?
 - A. Football
 - B. Cycling
 - C. Baseball
 - D. Soccer
20. Which test for a syndesmosis injury has the highest sensitivity?
 - A. Squeeze test
 - B. External Rotation test
 - C. Anterior drawer test
 - D. Lachman test

SECTION B: SHORT ANSWER QUESTIONS (40 Marks)

1. Describe the procedures for assessment of pain in the Achilles pain (5marks)
2. Describe the procedure for the immediate management of a sprained ankle. (5 marks)
3. Briefly outline the injury management procedures necessary for an athlete with an hamstring injury. (5marks)
4. Describe five different mobilization techniques used in the treatment of neck pain. (5 marks)
5. Describe the clinical exercises for phase 3 rehabilitation of of ACL injury (5 marks)
6. Analyse why sports medicine has a focus on the specific demands of aged athletes. (5 marks)
7. Evaluate strategies an athlete could employ to support the body's temperature regulation mechanisms. (5 marks)
8. Explain the dangers associated with the use of anabolic steroids and Human Growth Hormone. (5 marks)

SECTION C: LONG ANSWER QUESTIONS (40 Marks)

1. Discuss shoulder ligaments injuries under; (20 Marks)
 - a) The diagnosis and differential diagnosis. (4marks)
 - b) The mechanisms of each specific injury. (8marks)
 - c) Outline the short term and long term management of each injury (8marks).
2. Discuss the classification in disability sports under; (20 Marks)
 - a) Physical disability
 - b) Visual disability