



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

THIRD YEAR, FIRST TRIMESTER, EXAMINATION

**FOR THE
DEGREE IN BSC. SCIENCE IN PHYSIOTHERAPY**

COURSE CODE: BSP 314/HPT 214

COURSE TITLE: SPORTS MEDICINE ONE

DATE: Thursday 7th December 2023

TIME: 2:00 – 40:00Pm

INSTRUCTIONS TO CANDIDATES

Answer All Questions

Section A: Multiple Choice Questions (MCQ)

20 Marks.

Section B: Short Answer Questions (SAQ)

40 Marks.

Section C: Long Answer Question (LAQ)

40 Marks

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 4 Printed Pages. Please Turn Over.

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. The Anterior drawer'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
2. 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
3. Which of the following conditions is common to runners and cyclists and is characterized by pain and irritation over the lateral femoral condyle?
 - A. Pes anserine tendonitis
 - B. Iliotibial (IT) band syndrome
 - C. Jumper's knee
 - D. Biceps femoris tendonitis
4. Which of the following symptoms are for which condition. Conscious but with impaired memory, Unconscious, Difficulty concentrating
 - A. Retrograde amnesia
 - B. Anterograde amnesia
 - C. Concussion.
 - D. Tinnitus
5. What is a common skiing/snowboarding injury?
 - A. Knee ligament injuries
 - B. Tennis elbow
 - C. Frozen shoulder
 - D. Carpal tunnel syndrome
6. Which of the following statements is correct regarding the use of supplements as ergogenic aids?
 - A. Erythropoietin is safe to use in otherwise healthy young athletes
 - B. Creatine may enhance burst performance.
 - C. Protein supplements are safe, even with impaired renal function.
 - D. Herbal preparations are generally considered safe to use.
7. A strain is classified as being a:
 - A. Mild, moderate or severe tear in a muscle or tendon
 - B. Partial or complete rupture of a bursa
 - C. Prolonged muscular spasm
 - D. 1st, 2nd or 3rd degree tear in a ligament
8. Ligament injuries are usually assessed by way
 - A. Reflex testing
 - B. Ligament contraction testing
 - C. Ligament stress testing
 - D. Manual muscle testing
9. SALTAPS stands for?

- A. See, Ask, Look, Touch, Active movements, Passive movements, and Stress tests
 - B. See, Ask, Look, Touch, Active movements, Resisted movements, and Strange tests
 - C. See, Ask, Look, Touch, Articulate, Passive movements, and Strength tests
 - D. See, Ask, Look, Touch, Active movements, Passive movements, and Strength tests
10. An example of an internal cause of injury is:
- A. Fatigue
 - B. Body Contact
 - C. Environmental Temperature
 - D. Poor Playing Surface
11. A dislocation occurs when:
- A. A muscle is detached from its origin
 - B. A bone protrudes through the skin
 - C. The bones at a joint are forced out of position
 - D. Ligaments are stretched beyond normal range of position
12. A warm up helps to prevent injuries by:
- A. Keeping the body cold, which enables the body to work efficiently
 - B. Removing lactic acid from ligaments and tendons
 - C. Increasing blood circulation, stretching muscles
 - D. All of the above
13. Treatment for heatstroke will start by:
- A. Cooling the body.
 - B. Raising the legs.
 - C. Keeping the victim warm.
 - D. Giving the victim a drink of water.
14. As a sports physio what things you have to watch in the players for the risk factors for ACL injury, Except?
- A. Hormonal influence
 - B. Biomechanics of the athletes
 - C. lower extremity strength
 - D. Neuromuscular control
15. As a sports physio you want to perform isokinetic measurement on the athletes as they are going on a trip to other country for matches, what could be the best option for this?
- A. By using dynamometers
 - B. By providing constant resistance muscles
 - C. By performing graded muscular test
 - D. By performing 10RM
16. Which of the following is the only nonreversible effect of anabolic steroids?
- A. Muscle hypertrophy
 - B. Alterations in high density lipoprotein (HDL) and low density lipoprotein (LDL) ratios
 - C. Alopecia
 - D. Personality effects
17. A 17-year-old basketball player sustained an inversion twisting injury to the left ankle with the foot plantar flexed approximately 20 degrees. Which of the following ankle ligaments is most likely to be injured by this mechanism?

- A. Anterior tibiofibular
 - B. Anterior talofibular
 - C. Calcaneofibular
 - D. Posterior talofibular
18. A 17-year-old pitcher reports pain over the medial aspect of the elbow that occurs during the acceleration phase of throwing, and it prevents him from throwing at the velocity needed to be competitive. What structure is most likely injured in this patient?
- A. Radial collateral ligament
 - B. Posterior bundle of the ulnar collateral ligament
 - C. Anterior bundle of the ulnar collateral ligament
 - D. Flexor carpi ulnaris
19. An 18-year-old high school basketball player is being treated for Achilles tendinitis. What type of strengthening exercise has been shown to be helpful in the later phases of rehabilitation?
- A. Eccentric
 - B. Isokinetic
 - C. Concentric
 - D. Isometric
20. Which of the following rehabilitation methods has proven as effective as surgical treatment for the treatment of patellar tendinopathy (jumper's knee)?
- A. Concentric training
 - B. Eccentric training
 - C. Massage
 - D. Taping

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS)

1. The use of ice baths and cryotherapy can aid recovery. Analyse which of these methods you think is the most effective and give reasons why. (5 Marks)
2. Name and explain three rehabilitation techniques elite athletes may use to recover from a soft tissue sports injury (5 Marks)
3. How are skill and physical tests used to indicate an athlete's readiness to return to play after injury. (5 Marks)
4. Describe the classification of sports injuries according to the damaged tissue (5 Marks)
5. Explain the physical preparation needed by an athlete in order to prevent injury. (5 Marks)
6. Describe the biomechanical stages of throwing a baseball that can lead to rotator cuff injury (5 Marks)
7. Describe the different types of stretching that could be used and how to complete them safely (5 Marks)
8. Describe any five (5) Doping rules violation (5 Marks)

SECTION C: LONG ANSWER QUESTIONS (40 MARKS)

1. Discuss the STEPS used in making a diagnosis of sports injuries (20 Marks)
2. DISCUSS the treatment of the following: (20Marks)
 - a) Sprain
 - b) Strain
 - c) Dislocation
 - d) Abrasions.

