



RAN - 1906030102020003

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S. Y. M.P.T. (Sports Sciences) Examination October - 2023

Physiotherapeutic Intervention in Clinical Sports Conditions :

Paper - VI

Set - 2

Time: 3 Hours]

[Total Marks: 100

सूचना : / Instructions

(1)

नीचे दृष्टविले निशानीवाणी विगतो उत्तरवली पर अवश्य लपववी.

Fill up strictly the details of signs on your answer book

Name of the Examination:

S. Y. M.P.T. (Sports Sciences)

Name of the Subject :

Physiotherapeutic Intervention in Clinical Sports Conditions : Paper - VI - Set - 2

Subject Code No.: 1906030102020003

Seat No.:

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Student's Signature

- (2) All questions are compulsory.
(3) Draw diagrams wherever necessary.

Section - I

Sports - Clinical Sports Conditions

Long Essay :

1 × 20 = 20

- a. Define Flexibility (3).
b. Enlist the common injuries encountered in gymnastics (5).
c. What is the importance of flexibility in gymnastics and its role in preventing injuries (12).

Short Essay :

2 × 10 = 20

- a. Enlist any five sports where head injuries occur commonly (3).
Briefly explain the clinical presentation and diagnosis of concussion syndrome (7).
b. Enlist and explain the internal and external factors responsible for sports injuries

Very Short Answer :

2 × 5 = 10

- a. Patho physiological reasoning of Delayed Onset Muscle Soreness (DOMS).
- b. Components of Relative Energy Deficiency in Sports (Female Athletic Triad).

Section - II

Physiotherapy Interventions in Sports Conditions

Long Essay :

1 × 20 = 20

- a. Describe the physiotherapy management of a 23-year-old forward footballer with Unhappy Triad of O'Donogue (Injured grade I medial meniscus, Grade 1 medial collateral ligament and Grade II Anterior Cruciate ligament) (15). Add a note on criteria to return to sports in this player (5).

Short Essay :

2 × 10 = 20

- a. Describe any one field assessment procedure to assess aerobic capacity and agility.
- b. Enlist the common protective equipment used in Cricket adding a note on the significance of injury prevention of any three protective equipment.

Very Short Answer :

2 × 5 = 10

- a. Explain any two principles of strength training.
 - b. Enlist any three different types of stretching and briefly explain dynamic stretching.
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