1906030102010003
EXAMINATION APRIL - 2024
MASTER OF PHYSIOTHERAPY (SECOND YEAR)
SPORTS : BASICS, ASSESSMENT AND EVALUATION

[**Time: Three Hours]** **[Max. Marks: 100]**

Instructions:

1. **Fill up strictly the following details on your answer book**
   a. Name of the Examination : **MASTER OF PHYSIOTHERAPY(SECOND YEAR)**
   b. Name of the Subject : **SPORTS : BASICS, ASSESSMENT AND EVALUATION**
   c. Subject Code No : **1906030102010003**
2. Sketch neat and labelled diagram wherever necessary.
3. Figures to the right indicate full marks of the question.
4. All questions are compulsory.

Seat No:

Student's Signature

SECTION - I

Q.1 Long Essay **20**

a. Describe the kinetics and kinematics of free style swimming in detail.

Q.2 Short Essay **20**

a. Define Acclimation and Acclimatization (4 marks). Briefly explain any one example of acclimatization procedure (6 marks)
b. Describe any three principles of Sports training with appropriate examples

Q.3 Very Short Answer **10**

a. Explain the criterion for exercise testing.
b. Define Fatigue (2 marks). Briefly explain any one method to assess Fatigue (3 marks)

SECTION – II

Q.4 Long Essay **20**

a. Enlist health related and skill related fitness components (5 marks). Describe any one procedure to assess agility, aerobic capacity and dynamic balance in detail (15 marks)

Q.5 Short Essay **20**

a. Define Isokinetic testing (3 marks). Describe the methods and procedure of isokinetic testing (5 marks). Add a not on the significance of Isokinetic testing in sports (2 marks)

b. Define somatotyping (3 marks). Classify somatotyping (3 marks) and explain the significance of somatotyping in sports (4 marks)

Q.6 Very Short Answer **10**

a. Interpretation of Sit and Reach test
b. Y balance test procedure and its interpretation

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