

M.P.Ed 3<sup>rd</sup> Semester Examination 2021

## Sports Medicine

MPCC – 302

Full Marks – 70

Time- 3 hours

*The figures in the margin indicate full marks.**The candidates are required to give their answer in their own words as far as practicable**Illustrate the answer wherever necessary*

1. State the meaning of sports medicine? What are the scopes of sport medicine? What are the importance of sports medicine in the field of the physical education and sports? 3+5+7 = 15

**OR**

Write down the historical development of Sports Medicine as a discipline in India? Discuss the physiological aspect of sports medicine. 8+7= 15

2. What is doping? Discuss about use and abuse of drugs in sports? State the functioning of WADA in controlling doping in sports? 3+9+3= 15

**OR**

Whats steps to be taken to control doping in sports? Discuss about the classification of doping agents banned by WADA? What is anabolic steroid. 5+5+5= 15

3. What are the causes of spine injuries in sports? How spinal range of motion and free hand exercises are used to treat a spine injury? What measures can be to prevent neck injuries in sports? 3+7+5= 15

**OR**

Define concussion, State its common symptoms. State about management and prevention of concussion? 7+8= 15

4. What is stretching? Discuss about the use of stretching and strengthening exercise to treat the injuries of lower extremities ? Discuss the application of Supporting equipments to prevent injuries? 2+ (5+5) +3= 15

**OR**

How relaxation techniques and breathing exercises are used to prevent injuries? What is Dislocation? Differentiate between dislocation and fracture? 7+3+5= 15

5. Write short notes on the following (any Two) (5 X 2 = 10)
- Dope test.
  - Therapeutic application of free hand exercise.
  - Active and passive stretching.
  - Abdominal muscle strain.