

PG Diploma in Sports Medicine 860
BF/2008/05

Sports Physiology and Allied Basic Science
[Paper-I]

Time : 3 Hours

M.M. : 80

Note : Attempt all questions.

1. Why is physiology of exercise important? Give the various ways by which severity of exercise can be classified? [14]

2. Write notes on:
 - a. Muscle metabolism during exercise. [7]
 - b. Maximum Oxygen consumption. [7]

3. Discuss how Nervous system in an individual adapts to high physical stress. [12]

4. Write briefly about:
 - a. Major energy system(s) involved during muscular activity. [7]
 - b. Mechanism of muscle contraction. [7]

5. Describe the regulation of body temperature during exercise. [12]

6. Explain briefly:
 - a. Assessment of biological age. [7]
 - b. Application of Newton's Law of motion in sports. [7]

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Medical Aspects of Sports
[Paper-II]

Time : 3 Hours

M.M. : 80

Note : Attempt all questions.

1. What are beneficial effects of exercise and weight control in Sportpersons. [14]
2. What dietary manipulations are required in an aid to preparation for competition in a Sportperson. [14]
3. Write methods of detection of various doping practices. [14]
4. Write short notes on:
 - a. Anaemia in pregnancy in women in sports. [6]
 - b. Infections in athletes. [6]
5. Write role of personality and performance in the sport. Does mental health play an important role in athletic success. [14]
6. Write short notes on:
 - a. Exercise induced Asthma and its management. [6]
 - b. Pathogenesis of Atherosclerosis. [6]

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**Surgical Disciplines, Sports Injuries, Physiotherapy &
Rehabilitation**
[Paper-III]

Time : 3 Hours

M.M. : 80

Note : Attempt all questions.

1. Discuss in detail mechanism of Injury, clinical features and management of Anterior Cruciate Ligament Injury. [10]
2. Write short notes on:
 - a. Complete rotator cuff tear. [7]
 - b. Ultrasonic therapy. [7]
3. Write short notes on:
 - a. Frost bite. [7]
 - b. Continuous Passive Motion[CPM]. [7]
4. Write short notes on:
 - a. Jumper's Knee. [7]
 - b. Lumbar traction. [7]
5. Write short notes on:
 - a. Strength duration curve. [7]
 - b. Axillary block. [7]
6. Write short notes on:
 - a. Shin Splints. [7]
 - b. Female athlete triad. [7]