

P P SAVANI UNIVERSITY

Sixth Semester of B.P.T Examination
January 2022

SPPT4030 Sports Physiotherapy

31.01.2022, Monday

Time: 09:30 a.m. To 12:30 p.m.

Maximum Marks: 70

Instructions:

1. The question paper comprises of two sections.
2. Section I and II must be attempted in separate answer sheets.
3. Make suitable assumptions and draw neat figures wherever required.

SECTION - I

- Q - 1** Essay Question(Any One) [10]
(i) Explain principles of sport training in detail.
(ii) What is doping? Describe its types.
- Q - 2** Short Note(Any Two) [10]
(i) What is shoulder impingement syndrome? Write in detail about its management.
(ii) Explain carbohydrate loading in detail.
(iii) What are the common injuries in swimming, explain in detail?
- Q - 3** Very Short Notes(Any Five) [15]
(i) Shin splint
(ii) Caffeine
(iii) Female athlete triad
(iv) Myofascial Pain syndrome
(v) Sports drink
(vi) Periodization
(vii) Detraining syndrome

SECTION - II

- Q - 1** Essay Question(Any One) [10]
(i) Write about Throwing injuries (phase wise) suffered by a Baseball pitcher
(ii) Explain Patellofemoral Syndrome, with causes and PT management
- Q - 2** Short Note(Any Two) [10]
(i) Clinical presentation and Investigations of Stress fracture at Tibia
(ii) Sports injuries suffered by a Weightlifter
(iii) Explain Facet joint syndrome and write its PT management
- Q - 3** Very Short Notes(Any Five) [15]
(i) Visualization
(ii) Pregame Meal
(iii) Yo-Yo Test
(iv) Cauliflower ear
(v) WADA
(vi) Gamekeepers Thumb
(vii) March fracture
