

P P SAVANI UNIVERSITY

Seventh Semester of B. P.T. Examination

January 2020

SPPT4030 Sports Physiotherapy

10.01.2020, Friday

Time: 09:00 a.m. To 12:00 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.
4. Use of scientific calculator is allowed.

SECTION - I

- Q - 1 Essay Question(Any One) [10]**
- (i) Explain various methods of Training in sports
- (ii) Explain various techniques for achieving Ideal Body Weight for performance
- Q - 2 Short Note(Any Two) [10]**
- (i) Injury prevention
- (ii) Biomechanics of Throwing
- (iii) Overtraining syndrome
- Q - 3 Very Short Notes(Any Five) [15]**
- (i) Pulmonary function test
- (ii) Hyaluronic acid therapy
- (iii) Dysdiadokinesia
- (iv) Principles of exercise prescription
- (v) Blood Doping
- (vi) Therapeutic use of prohibited substances
- (vii) Mental imagery

SECTION - II

Q - 1 Essay Question(Any One) [10]

- (i) Explain Pathoanatomy, risk factors and management of Achilles Tendinopathy?
- (ii) Explain Sports Specific Injuries of a Soccer player with management?

Q - 2 Short Note(Any Two) [10]

- (i) Myofascial Pain Syndrome
- (ii) Write about Stress Fractures, causes and management. What are common sites of Stress Fractures.
- (iii) Causes of Patellofemoral Syndrome and its management

Q - 3 Very Short Notes(Any Five) [15]

- (i) Punch Drunk Syndrome
- (ii) Jumpers Knee
- (iii) Plyometric Training
- (iv) Osgood Schlatters Disease
- (v) Mc Connell Taping
- (vi) Jersey finger
- (vii) Facet Syndrome
