

Registration No:

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Total Number of Pages: one

Course: MPT

SUBJECT NAME: PT in speciality area (Sports Science)

SUB_CODE: 23MPT1S1

(1st Year MPT) Examination: Regular 2024-25 & Supplementary 2023-24 (Admitted Batch)

BRANCH: Allied Science MPT

Q. CODE: A341

Max Time: 3 Hours

Max Marks: 80

Sitting: 1st, 10.00 AM to 1.00 PM

Any Question having parts should be answered as whole at one place only.

Illustrate answer with diagrams wherever relevant / required if any)

Long Answer questions (any four out of six)

- Q 1 Discuss in detail the short term and long-term physiological changes associated with aerobic training. describe the principles of improving aerobic capacity (1 x 15 Marks)
- Q 2 Write an essay on balanced diet and its role in nurturing the athletes (1 x 15 Marks)
- Q 3 Describe the biomechanics of running (1 x 15 Marks)
- Q 4 Write an essay on the mechanism of fluid regulation during prolonged aerobic exercise (1 x 15 Marks)
- Q 5 write an essay on ergogenic aids and doping. Briefly comment on the role of national and international bodies in prevention of doping. (1 x 15 Marks)
- Q 6 discuss the role of physiotherapists in the field of sports. how does it differ from that of sports medicine doctor? (1 x 15 Marks)
- Q 7 Short answer questions (any five out of eight) (5 x 4 Marks)
- a) Runners knee
 - b) Precompetitive meal for a short distance runner
 - c) Cardiopulmonary resuscitation
 - d) Anthropometry
 - e) Pathomechanics of overuse injury of bone
 - f) Care and caution for athlete with asthma
 - g) Biofeedback
 - h) Issues in gender determination in sports
