



Abhinav Bindra Sports Medicine and Research Institute
MPT 1st Internal Examination February 2026

Date: 05.02.2026

1st Year

Subject: Specialty Paper-1 (Physiotherapeutic Perspective in Sports Science)

Time: 09:00 AM-12:00 PM

F.M.: 80 marks

Question Code- F7

Subject Code- 23MPT1S1

Long Questions- Answer Any 4 (4 X 15Marks)

1. Who are the members of a sports medicine team? Enumerate the role of a sports Physiotherapist for an Injured athlete.
2. Differentiate primary vs secondary on-field emergencies. Briefly discuss the sign and symptoms of Highest priority injuries.
3. What are the different styles of swimming? Explain the kinematic differences in the shoulder, lumbar spine, and knee during each style.
4. How are the running kinematics and kinetics differing while sprinting and long-distance running? Write a note software used to analyse the same.
5. What are the different models of body composition assessment? Explain in detail on any two methods of measuring fat mass and fat free mass.

Short Questions- Answer Any 5 (5 X 4Marks)

6. Heat stroke
7. Biomechanics of overhead volleyball serve
8. STARRT framework
9. Medical kit bag
10. Basics of first-aid management
11. Equipment required for screening cardiopulmonary sickness