

PG Diploma in Sports Medicine

BF/2009/05

Sports Physiology and Allied Basic Science

[Paper-I]

Time : 3 Hours

M.M. : 80

Note : Attempt all questions.

1. Describe the role of sports in general population. Discuss the approach of sports science in a competitive sports and a high performance sports. [14]
2. **Write notes on:** [7+7]
 - a. Fast twitch and Slow twitch skeletal muscle fibres.
 - b. Sarcotubular system of the skeletal muscle fibre.
3. Give an account of exercise training on Cardiovascular system. [12]
4. **Write briefly about:**
 - a. Oxygen Consumption during exercise. [7]
 - b. Effect of exercise on Pulmonary ventilation. [7]
5. Describe in detail the regulation of Respiration. [12]
6. **Explain briefly:**
 - a. Importance of technical skills in sports. [7]
 - b. Electromyography. [7]

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Medical Aspects of Sports

[Paper-II]

Time : 3 Hours

M.M. : 80

Note : Attempt all questions.

1. Discuss the factors which affect the performance of Sports women.
[14]
2. ECG changes after severe exercise.
[14]
3. **Write short notes on:**
 - a. Group dynamics. [6]
 - b. Effect of Endurance training. [6]
4. Discuss the duties of Team physician in relation with Coach, Athletes and Administration.
[14]
5. What is Doping. Name the drugs and their effect on performance of athletes.
[14]
6. **Write short notes on:**
 - a. Rotator Cuff disorders. [6]
 - b. Exercise induced asthma. [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 patho-anatomy, clinical features and management of recurrent Dislocation of Shoulder. [10]
2. **Write short notes on**
 - a. Stress Fractures. [7]
 - b. Meniscal tears. [7]
3. **Write short notes on:**
 - a. Tennis Elbow. [7]
 - b. Osgood Schlatter's disease. [7]
4. **Write short notes on:**
 - a. Boxer's fracture. [5]
 - b. Fracture Patella. [5]
 - c. Rolando fracture. [4]
5. **Write short notes on:**
 - a. Electro Myography. [7]
 - b. Wrist block. [7]
6. **Write short notes on:**
 - a. Pathomechanics of ACL[Anterior Cruciate Ligament] injury in female athlete. [7]
 - b. Complications of Fracture Pelvis. [7]
