

**PG Diploma in Sports Medicine** 850  
BF/2008/05

**Sports Physiology and Allied Basic Science**  
[Paper-I]

**Time : 3 Hours**

**M.M. : 80**

*Note : Attempt all questions.*

1. Why is physiology of exercise important? Give the various ways by which severity of exercise can be classified? [14]
  
2. **Write notes on:**
  - a. Muscle metabolism during exercise. [7]
  - b. Maximum Oxygen consumption. [7]
  
3. Discuss how Nervous system in an individual adapts to high physical stress. [12]
  
4. **Write briefly about:**
  - a. Major energy system(s) involved during muscular activity. [7]
  - b. Mechanism of muscle contraction. [7]
  
5. Describe the regulation of body temperature during exercise. [12]
  
6. **Explain briefly:**
  - a. Assessment of biological age. [7]
  - b. Application of Newton's Law of motion in sports. [7]

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**PG Diploma in Sports Medicine** 961  
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**Medical Aspects of Sports**  
[Paper-II]

**Time : 3 Hours**

**M.M. : 80**

*Note : Attempt all questions.*

1. What are beneficial effects of exercise and weight control in Sportpersons. [14]
2. What dietary manipulations are required in an aid to preparation for competition in a Sportperson. [14]
3. Write methods of detection of various doping practices. [14]
4. Write short notes on:
  - a. Anaemia in pregnancy in women in sports. [6]
  - b. Infections in athletes. [6]
5. Write role of personality and performance in the sport. Does mental health play an important role in athletic success. [14]
6. Write short notes on:
  - a. Exercise induced Asthma and its management. [6]
  - b. Pathogenesis of Atherosclerosis. [6]

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**PG Diploma in Sports Medicine** 062  
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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 mechanism of Injury, clinical features and management of Anterior Cruciate Ligament Injury. [10]
2. **Write short notes on:**
  - a. Complete rotator cuff tear. [7]
  - b. Ultrasonic therapy. [7]
3. **Write short notes on:**
  - a. Frost bite. [7]
  - b. Continuous Passive Motion[CPM]. [7]
4. **Write short notes on:**
  - a. Jumper's Knee. [7]
  - b. Lumbar traction. [7]
5. **Write short notes on:**
  - a. Strength duration curve. [7]
  - b. Axillary block. [7]
6. **Write short notes on:**
  - a. Shin Splints. [7]
  - b. Female athlete triad. [7]