

PG Diploma in Sports Medicine

BF/2008/12

Sports Physiology and Allied Basic Science

[Paper-I]

Time : 3 Hours

M.M. : 80

Note : Attempt all questions.

1. List aims and objectives of sports physiology. Give its role in competitive sports. [14]
 2. **Write notes on:**
 - a. Electron microscopic structure of muscle fibre. [7]
 - b. Types of Skeletal muscle fibres. [7]
 3. Give an account of Cardio-Respiratory adaptation during exercise. [12]
 4. **Write briefly about:**
 - a. Oxygen debt. [7]
 - b. Homeostasis during exercise. [7]
 5. Describe briefly hormonal response to exercise. What are the effects of physical training on the various systems of the body. [12]
 6. **Explain briefly:**
 - a. Sports injuries. [7]
 - b. Muscle strengthening exercises. [7]
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Medical Aspects of Sports

[Paper-II]

Time : 3 Hours

M.M. : 80

Note : Attempt all questions.

1. What is Acclimatization. Write the role of 'Heat and Cold' on performance of a sportsperson. [14]
 2. Write pathogenesis of Atherosclerosis and beneficial effects of exercise in these patients. [14]
 3. **Write short notes on:**
 - a. High altitude pulmonary oedema. [6]
 - b. Skin infections in atheletes. [6]
 4. Write Balanced diet for a sportsperson. What is role of vitamins and minerals in their diet. [14]
 5. What are medicobiological means of assessing Fatigue and recovery. [14]
 4. **Write short notes on:**
 - a. Scuba diving. [6]
 - b. Drugs and their classification, used in doping practices. [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 mechanism of Injury, clinical features and management of Spondylolisthesis in fast bowlers. [10]

 2. **Write short notes on:**
 - a. SLAP lesion. [7]
 - b. Shoulder rehabilitation programme after fracture neck humerus. [7]

 3. **Write short notes on:**
 - a. Carpal Tunnel syndrome. [7]
 - b. Postero Lateral corner injury of Knee. [7]

 4. **Write short notes on:**
 - a. Sever's Disease. [7]
 - b. Ankle instability. [7]

 5. **Write short notes on:**
 - a. Painful hip in an athlete. [7]
 - b. Flat foot. [7]

 6. **Write short notes on:**
 - a. Bennet's fracture. [7]
 - b. Dislocation of Elbow. [7]
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