

**VINAYAKA MISSION'S RESEARCH FOUNDATION  
(Deemed to be University), SALEM**

**M.P.T. DEGREE EXAMINATION – April 2021  
Fourth Semester**

**SPORTS PHYSIOTHERAPY**

Time: Three hours

maximum: 100 marks

**I. Write short answers on: (10 x 2 = 20)**

1. Sports medical team
2. Delayed onset of muscle soreness.
3. Agility
4. Plyometrics.
5. Jumper's knee
6. Bowlers thumb.
7. Athlete's foot.
8. Tennis leg.
9. Dequervian tenosynovitis.
10. Valgus stress overload syndrome

**II. Write short notes on: (8 x 5 = 40)**

11. Pre game anxiety
12. Soft Tissue Injuries in Sports .
13. Swimmers Shoulder
14. Principles of evidence based physiotherapy practice in sports field.
15. Repetitive Strain Injury (RSI) of Upper Extremity in Sports.
16. Isokinetic Testing.
17. Doping
18. Body mass index.

**III. Write essays on: (2 x 20 = 40)**

19. What are the Principles of Evaluation of Physical Fitness? Discuss the Influence of Altitude and Climate on Physical Performance in Sports.
20. Discuss in detail about the Assessment techniques employed by a Sports Physiotherapist to evaluate the Physical Fitness of 25 Years old Male Basketball player who is returning to his Sports after ACL Reconstruction of his right Knee joint.