

# Rajiv Gandhi University of Health Sciences, Karnataka

Final year B.P.T. Degree Examination – Aug 2013

Time: Three Hours

Max. Marks: 80 Marks

## ALLIED THERAPEUTICS (OS, RS & RS2)

**Q.P. CODE: 2174**

Your answers should be specific to the questions asked  
Draw neat labeled diagrams wherever necessary

### LONG ESSAYS (Answer any Two)

**2 x 10 = 20 Marks**

1. What is Eustress? Write in detail the various stress management strategies employed by the athletes
2. Write in detail about the immediate and long term effects of exercise on various systems of the body
3. Write in detail the pharmacological remedies in sports. Mention its advantages and disadvantages

### SHORT ESSAYS (Answer any Eight)

**8 x 5 = 40 Marks**

4. Explain the importance of warm – up and cool – down phases in exercise training
5. Define delayed Onset Muscle Soreness (DOMS). Outline the physiology of DOMS and list the methods of preventing it
6. Training in high altitude
7. How will you manage a footballer who has sustained a quadriceps contusion injury
8. Explain the mechanism of lateral ankle injury and its management with emphasis on proprioceptive training
9. Explain the methods of progressive resisted exercise
10. Explain briefly importance of pre – participation evaluation
11. Explain the various intrinsic and extrinsic factors causing sports injuries
12. Write about causes of fatigue. Management of fatigue from physiotherapists perspective
13. Therapeutic effects of acupuncture

### SHORT ANSWERS

**10 x 2 = 20 Marks**

14. Define oxygen debt and deficit
15. What is Qi (chi)
16. Define Basal Metabolic Rate
17. Define plyometrics
18. Mention submaximal tests
19. Vajrasana
20. Mention the three energy systems in our body and the duration for which they provide energy during exercise
21. Basic food pyramid – only diagram with label
22. Use of topical ointments in sports
23. Define periodization