Rajiv Gandhi University of Health Sciences, Karnataka

Second Year Master of Physiotherapy Degree Examination – 29-Oct-2026

[Time: 3 Hours] **[Max. Marks: 100]**

Sports Assessment, Injury Evaluation (Sports Traumatology) and Exercise Physiology – Paper III (RS-4)

Q.P. CODE: 8134

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

Answer All The Questions **10 X 10 = 100 Marks**

1. Explain about the energy systems. Describe the procedures of Harvard step test.

2. What are the components of the Physical Fitness and how to evaluate each component?

3. Define fitness. Mention the fitness components required for a football player and describe the fitness tests for the respective components with their uses for a football player.

4. Explain the musculoskeletal assessment for a patient with 3-month duration of anterior cruciate ligament injury.

5. Explain about the radiological investigation done for sports injuries.

6. Describe in detail about the on-field assessment procedures to be performed by a sports physiotherapist during life-threatening emergency situations in any sports.

7. Explain the musculoskeletal assessment for a patient with 3-month duration of Tennis elbow.

8. Define open and closed kinetic chain exercises. Mention the characteristic differences between open and closed kinetic chain exercises. Explain a dynamic stability and Proprioception closed kinetic test for upper limb.

9. Define return-to-play. Explain any five functional tests for return to play in a patient who has undergone with anterior Cruciate ligament reconstruction 9 months ago.

10. Define fatigue and delayed onset of muscle soreness. Explain the procedures of Wingate Anaerobic Test.

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