

Rajiv Gandhi University of Health Sciences, Karnataka
Second Year Master of Physiotherapy Degree Examination – 14-Nov-2025

[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. Write in detail about the Assessment of spinal injuries in motor sports.
2. Explain in detail about guidelines for return to sports process, based on strategic assessment of risk and risk tolerance (StARRT).
3. Mention the causes of foot drop and explain in detail about its Kinesiological EMG.
4. What is the biopsychological approach for sports injury and discuss about the Implementation of a biopsychosocial approach into physiotherapists practice.
5. What is fitness? Mention about the FITT Principles, add a note on health – related physical fitness assessment.
6. Explain the role of Diagnostic imaging techniques in the early diagnosis of injuries around the knee in an 16 year old amateur basketball players.
7. Write in detail about the 4 components of the pre – participation evaluation and add a note on the goals of pre – participation evaluation in sports.
8. Write in detail about the intrinsic and extrinsic risk factors in sports injuries.
9. Define pes planus. Explain the foot assessment among sprinters.
10. Define is Kin anthropometric evaluation. Explain in detail about the application of Kin anthropometric evaluation.

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