

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[LQ 1019]

**NOVEMBER 2020
(MAY 2020 SESSION)**

Sub. Code: 8175

**MPT DEGREE EXAMINATION
SECOND YEAR
BRANCH V – SPORTS PHYSIOTHERAPY
SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT
Q.P. Code : 278175**

Time : Three hours

Maximum : 100 Marks

I. Elaborate on: (2 x 20 = 40)

1. Explain in detail the assessment of shoulder injuries for volleyball players..
2. Define in detail about the assessment techniques and on field procedures employed by a sports physiotherapist during life threatening emergency situations in sports.

II. Write notes on: (10 x 6 = 60)

1. Pre competition meal.
2. Anthropometric measurement for effusion and atrophy.
3. Importance of biopsy in sports assessment.
4. Types of Patella morphology.
5. Special test for medial epicondylitis.
6. Evaluation of sacroiliac joint.
7. Overuse injuries in racquet sports player.
8. Problems faced by adolescent athletes.
9. Dietary considerations I n weight reduction.
- 10.Importance of oxygen debt.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0321]

MARCH 2021

Sub. Code: 8175

(OCTOBER 2020 EXAM SESSION)

MPT DEGREE EXAMINATION

SECOND YEAR – (From the Academic Year 2018-2019)

BRANCH V – SPORTS PHYSIOTHERAPY

SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT

Q.P. Code : 278175

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain the functional and sports specific assessment in a professional kabbadi player. Add a note on return to sports criteria.
2. Emergency care and athletic first aid and on field management of an athlete who sustained cervical injury.

II. Write notes on:

(10 x 6 = 60)

1. Pre participation evaluation.
2. Female athlete triad.
3. Basics of electromyography and interpretation.
4. Value laden situation in rehabilitation.
5. International classification of impairments disability and handicap model.
6. Principles of evidence based physiotherapy practice.
7. Bowler's thumb.
8. SAID principle of athletic conditioning.
9. Aerobic glycolysis.
10. Repetitive strain injury of upper extremity in sports.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0921]

**SEPTEMBER 2021
(MAY 2021 EXAM SESSION)**

Sub. Code: 8175

**MPT DEGREE EXAMINATION
SECOND YEAR - (Regulations for the candidates admitted from 2018-2019)
SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT
BRANCH V – SPORTS PHYSIOTHERAPY
*Q.P. Code : 278175***

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Discuss the intrinsic and extrinsic strategies of injury prevention in sports.
2. Explain the mechanism of injury, functional and sports specific assessment swimmer shoulder.
Add a note on return to sports criteria.

II. Write notes on:

(10 x 6 = 60)

1. Interpretation of isokinetic testing.
2. Skeletally immature athlete evaluation.
3. Basics of biopsy procedure.
4. Adaptive equipment in sports.
5. National center for medical rehabilitation research model.
6. Elements of evidence based physiotherapy practice.
7. Skier's thumb.
8. Turf toe tapping.
9. Anaerobic glycolysis.
10. Various methods of fatigue assessment.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0222]

**FEBRUARY 2022
(OCTOBER 2021 EXAM SESSION)**

Sub. Code: 8175

**MPT DEGREE EXAMINATION
SECOND YEAR - (Regulations for the candidates admitted from 2018-2019)
SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT
BRANCH V – SPORTS PHYSIOTHERAPY
Q.P. Code : 278175**

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain in detail about the common running injuries in and around the knee joint and its on field assessment and management.
2. What are the components of the Physical Fitness and how to evaluate the each component?

II. Write notes on:

(10 x 6 = 60)

1. Delayed Onset of Muscle Soreness (DOMS).
2. Rib injuries in sports.
3. Swimmer's Shoulder.
4. Types of Patellar Morphology.
5. Epiphyseal Injuries.
6. Sports Amenorrhoea.
7. Neck Disability Index.
8. Exercise induced Asthma.
9. MEAT Protocol.
10. Krebs cycle.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0622]

**JUNE 2022
(MAY 2022 EXAM SESSION)**

Sub. Code: 8175

**MPT DEGREE EXAMINATION
SECOND YEAR - (Regulations for the candidates admitted from 2018-2019)
SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT
BRANCH V – SPORTS PHYSIOTHERAPY
Q.P. Code : 278175**

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain in detail the assessment of shoulder injuries for basketball players and their prevention and Therapeutic management.
2. Define in detail about the assessment techniques and on field procedures employed by a sports physiotherapist for acute ankle sprain in tennis player.

II. Write notes on:

(10 x 6 = 60)

1. Quadriceps contusion in athletes and management.
2. Athlete with diabetes and sarcopenia.
3. Importance of computerised tomographic evaluation in sports assessment for fast bowler.
4. Medial patellofemoral ligament tear in young athletes and conservative management.
5. Special test for runner's knee.
6. Evaluation of shoulder for anterior labral lesion.
7. Overuse injuries in runners.
8. Problems faced by female athletes.
9. Diet and exercise in weight reduction for obese athletes.
10. Vo2 max and its importance.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0223]

**FEBRUARY 2023
(OCTOBER 2022 EXAM SESSION)**

Sub. Code: 8175

MPT DEGREE EXAMINATION

SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)

SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT

BRANCH V – SPORTS PHYSIOTHERAPY

Q.P. Code : 278175

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Discuss the relevance of body composition analysis to physical therapy.
2. Explain emergency injury assessment and discuss pre participation evaluation process.

II. Write notes on:

(10 x 6 = 60)

1. Injuries related to specific sports – E.g. Basket Ball.
2. Game Keeper's thumb.
3. Swimmer's shoulder.
4. Basics of X-ray and MRI taken in sports physiotherapy.
5. Anthropometric measurement for effusion and atrophy.
6. Principles of Training Diet.
7. Appraising the evidence.
8. Critical care Investigatory procedures in sports physiotherapy.
9. On-field specific assessment of sport injuries.
10. Problems faced by female athletes.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0523]

MAY 2023

Sub. Code: 8175

MPT DEGREE EXAMINATION

SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)

SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT

BRANCH V – SPORTS PHYSIOTHERAPY

Q.P. Code: 278175

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain the sports specific assessment in a professional football player. Add a note on return to sports criteria after ankle sprain.
2. Emergency care, athletic first aid and on field management of an athlete who sustained Shoulder Anterior Subluxation while playing Kabaddi, explain rehabilitation for the same.

II. Write notes on:

(10 x 6 = 60)

1. Pre participation evaluation.
2. Tibial traction apophysitis in young athlete.
3. Tennis elbow types and management.
4. The Will to win in sports.
5. Principles of athletic training and conditioning.
6. Role of sports physiotherapist touring with teams.
7. Game keeper's thumb.
8. Back pain in fast bowlers.
9. Onset of blood lactate accumulation and application in sports conditioning.
10. Athlete's foot.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 1223]

**DECEMBER 2023
(OCTOBER 2023 EXAM SESSION)**

Sub. Code: 8175

**MPT DEGREE EXAMINATION
SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)
SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT
BRANCH V – SPORTS PHYSIOTHERAPY**

Q.P. Code: 278175

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. A 40 year old recreational golf player complains of pain in the low back for the past 2 months. Patient's pain aggravated on repeated flexion. Describe the evaluation for this patient and add note on evidence to substantiate your answer.
2. Describe the classification of ligament injuries around knee joint. Write in detail about the sports specific assessment of Posterior Cruciate Ligament injury in a foot ball player.

II. Write notes on:

(10 x 6 = 60)

1. Oxygen debt.
2. ICF Coding.
3. Role of menisci.
4. Isokinetic testing.
5. Fatigue assessment.
6. Tennis leg.
7. Bowlers thumb.
8. Sports medicine team.
9. Psychosocial wellness of sports person.
10. Sports fitness testing.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0524]

MAY 2024

Sub. Code: 8175

MPT DEGREE EXAMINATION

SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)

SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT

BRANCH V – SPORTS PHYSIOTHERAPY

Q.P. Code: 278175

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. A Recreational cricket player presents with radiating pain in Right upper extremity. Outline the clinical assessment and laboratory investigations in detail with a note on differential diagnosis.
2. Explain in detail the various fitness components and the FITT Principles of training.

II. Write notes on:

(10 x 6 = 60)

1. IT band friction syndrome.
2. Plyometrics.
3. Body mass index-clinical implication.
4. Enumerate the factors affecting mobility at the joint.
5. Aerobic exercise in physiotherapy.
6. World Anti Doping Agency [WADA].
7. Abdominal strength evaluation.
8. Anthropometric measurement.
9. Use of integrated EMG in assessment following muscle injury.
10. Endurance testing.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 1024]

OCTOBER 2024

Sub. Code: 8175

MPT DEGREE EXAMINATION

SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)

SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT

BRANCH V – SPORTS PHYSIOTHERAPY

Q.P. Code: 278175

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Discuss and compare between any two protocols and standards for fitness testing.
2. Explain the assessment technique to evaluate the physical fitness of 24 years old football player who returns to field after left knee arthroscopic meniscal repair surgery.

II. Write notes on:

(10 x 6 = 60)

1. List ten contributing factors for Patella Femoral Pain Syndrome.
2. Jumper's knee.
3. Pre-event nutrition.
4. Types of muscle testing.
5. Elements of evidence.
6. Evaluation of sacroiliac joint.
7. Overuse injuries in racquet sports player.
8. Problems faced by skeletally immature athletes.
9. Injuries related to specific sports – E.g. Volley Ball.
10. Electromyography and interpretation in sports physiotherapy.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0525]

MAY 2025

Sub. Code: 8175

**MPT DEGREE EXAMINATION
SECOND YEAR - (Candidates admitted 2018-2019 onwards)
SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT
BRANCH V – SPORTS PHYSIOTHERAPY**

Q.P. Code: 278175

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Discuss in detail about the physical, psychological and emotional problems faced by female sports person.
2. Explain various laboratory tests employed in assessing the cardiovascular fitness of athlete.

II. Write notes on:

(10 x 6 = 60)

1. What helps in diagnosing various grades of muscle injury?
2. Enumerate your role as chief physiotherapist in Indian cricket team.
3. Q-angle.
4. SAID Principle of athletic conditions.
5. Injuries Related to Specific Sports – E.g. Foot Ball.
6. Explain the concept of well-balanced diet for an athlete.
7. Initial assessment of an athlete on the field.
8. Principles of evidence-based Physiotherapy practice.
9. Isokinetic testing.
10. Problems faced by skeletally immature athletes.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 1025]

OCTOBER 2025

Sub. Code: 8175

**MPT DEGREE EXAMINATION
SECOND YEAR - (Candidates admitted 2018-2019 onwards)
SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT
BRANCH V – SPORTS PHYSIOTHERAPY**

Q.P. Code: 278175

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Discuss in detail about the clinical assessment and evaluation of physical fitness components of a 21 year old female basketball player who is returning to her sports after Anterior Cruciate Ligament Reconstruction of her Right knee joint.
2. Describe in detail about the physiological response and adaptations to exercise in musculoskeletal system.

II. Write notes on:

(10 x 6 = 60)

1. Biomechanics of throwing.
2. Contact sports injuries.
3. Role of scapular stabilization exercises in shoulder stability.
4. Doping.
5. Carbohydrate loading diet.
6. Emergency care in the field.
7. Sports massage.
8. Evidence based practice.
9. Cryotherapy-types and uses in sports field.
10. Biomechanics of breast stroke swimming.
