

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

[LP 125]

OCTOBER 2019

Sub. Code: 8125

**MPT DEGREE EXAMINATION
SECOND YEAR
BRANCH V – SPORTS PHYSIOTHERAPY
SPECIALITY PAPER I – PHYSIOTHERAPY ASSESSMENT**

Q.P. Code : 278125

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain in detail the various fitness components and the FITT principles of training.
2. Classify the various types of ligament injury. Write in detail about the sports specific assessment anterior cruciate ligament injury in a football player.

II. Write notes on:

(10 x 6 = 60)

1. Sports massage.
2. Lactic acid threshold.
3. Adaptive equipments.
4. Sports specific assessment for meniscal injury.
5. Plyometrics.
6. Explain the star excursion balance test and vertical jump test.
7. Describe the various stages of throwing and the muscles involved in it.
8. Importance of carbohydrates in athletes.
9. Plica syndrome.
10. Infrapatellar Bursitis.
