

Rajiv Gandhi University of Health Sciences, Karnataka
Second Year Master of Physiotherapy Degree Examination – 08-May-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 the components and elements of bio psychological (BPS) model.
2. List the methods of evaluating sports specific function of an athlete.
3. Explain, the role of diagnostic ultrasonography in sports physiotherapy.
4. What is pre-participation evaluation (PPE)? Explain the importance and benefits of PPE.
5. Explain the principles of Isokinetic dynamometer. List the benefits in evaluation of function in athletes.
6. Define fatigue and discuss the methods of evaluation of fatigue in athletes.
7. Compare and contrast the health related and skill related components of physical fitness.
8. Sketch the importance of evaluation of running gait in a sprinter, explain the methods with suitable examples and case scenarios.
9. Compare and contrast balance and Proprioception. Discuss the evaluation methods for both of these components.
10. A volley ball athlete aged 23, with chronic grade-1 supraspinatus injury presents with occasional pain and discomfort in the right shoulder and decreased performance during striking the ball over net. He continues to play and has an upcoming tournament, which he needs to participate in another 60 days.
 - a. Plan a complete evaluation of shoulder function with respect to the sport
 - b. List the possible hypothesis and clinical reasoning for the same

* * * * *