

Rajiv Gandhi University of Health Sciences, Karnataka
Second Year Master of Physiotherapy Degree Examination – 06-May-2026

[Time: 3 Hours]

[Max. Marks: 100]

Basic Medical Sciences for Sports Physiotherapy - Paper II (RS-4)
Q.P. CODE: 8133

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. Describe the sequence of growth and maturation of cardio respiratory system. Explain the physiological changes during adolescence.
2. Describe the importance of importance of hormones in regulation of normal function of body systems.
3. Discuss the principles of motor learning and control with suitable examples.
4. Define carbohydrate loading. Explain the importance of athletes' performance after pre-game meal.
5. Explain the role of sports physiotherapist as an administrator.
6. What are Ergogenic aids? Discuss its benefits on sports performance.
7. Describe the patho-mechanics and physiology of healing of grade-2 anterior talo-fibular ligament injury.
8. Discuss the importance of body fluids in sports performance. List the possible complications of fluid imbalance with suitable examples.
9. Describe the methods of strength and conditioning in athletes after shoulder rotator cuff injury.
10. Design an exercise program applying the SAID principles for enhancing sports performance in swimmers.

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