

# Question Paper

Exam Date & Time: 18-Jun-2024 (10:00 AM - 01:00 PM)



## MANIPAL ACADEMY OF HIGHER EDUCATION

FIFTH SEMESTER B.Sc.EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION-JUNE 2024  
SUBJECT: ESS3101- ATHLETIC INJURIES AND MANAGEMENT  
(SCHEME 2020)

Marks: 100

Duration: 180 mins.

Answer all the questions.

- 1) What are the intrinsic and extrinsic risk factors for Ankle sprains for a football player? Explain the mechanism of injury for lateral Ankle sprains? Design an injury prevention program for football players to reduce the risk of ankle sprains. (20)  
(6+2+12 = 20 marks)
- 2) What is SLAP lesion? What are the 4 stages of SLAP tear. Design a shoulder injury prevention plan for a swimmer. (20)  
(2+4+14 = 20 marks)
- 3) What is the purpose of performing pre-participation screening for a new client at your academy? How would you proceed with exercise intensity and need for medical clearance. The client has a basic training history of engagement in some form of exercise for 30 mins, 5 days a week for the past 5 months. Advice on exercise participation based on exercise intensity and medical status. (10)  
(4+6 = 10 marks)
- 4) Your athlete collides with the opponent during a rugby match. What are the possible injuries this athlete could have sustained? Discuss the on field action plan for your athlete considering you have ruled out cardiovascular emergencies. (10)
- 5A) Discuss the mechanisms and risk factors for lumbar injuries in a fast bowler. (5)
- 5B) Briefly discuss gamekeepers thumb and TFCC injury in racket sport athletes (5)
- 5C) Write about the management of hypertensive athletes using exercise and lifestyle modifications. (5)
- 5D) Explain the mechanism of hamstring strains for a sprinter. How do you train a sprinter to safely return to competition after a hamstring strain (5)
- 5E) With the help of examples distinguish between acute and overuse injuries. (5)
- 5F) What are the functional tests you would perform for a basketball player while doing a pre-participation work up for the athlete? (5)
- 6A) List the stages of soft tissue healing. (2)
- 6B) List ANY FOUR foot injuries in sport. (2)
- 6C) List ANY TWO challenges faced by athletes who have to travel 10 hours ahead of their time zone. (2)
- 6D) What precautions would you need to take while training an asthmatic athlete? (2)
- 6E) Enumerate ANY FOUR observations to be made during hurdle step over assessment. (2)

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# Question Paper

Exam Date & Time: 19-Jun-2024 (10:00 AM - 01:00 PM)



## MANIPAL ACADEMY OF HIGHER EDUCATION

FIFTH SEMESTER B.Sc.EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION-JUNE 2024  
SUBJECT: ESS3102- EXERCISE AND SPORT PSYCHOLOGY  
(SCHEME 2020)

Marks: 100

Duration: 180 mins.

Answer all the questions.

- 1) Define personality in sports? Briefly explain any four theories of personality using examples in sports/ sportsperson of your choice. (20)  
(5+10+5 = 20 marks)
- 2) What is PST training? Describe how would a sport psychologist assess athletes' needs- subjectively and objectively? Explain in detail the Kirschenbaum's five stage model of self-regulation. (20)  
(2+8+10 = 20 marks)
- 3) What is exercise adherence? Explain in detail the reasons for exercise non adherence. What is exercise addiction? (10)  
(2+5+3 = 10 marks)
- 4) Define arousal, anxiety and stress? Explain in detail theories and models that link performance to arousal and anxiety. (10)  
(2+8 = 10 marks)
- 5A) What is overtraining and burnout? Explain any one theory of burnout (5)  
(2+3 = 5 marks)
- 5B) Explain the sources of stress in an athlete's life. (5)  
(1 mark each)
- 5C) Describe the key strategies to enhance cohesion in a team in exercise as well as sports settings (5)  
(2+3 = 5 marks)
- 5D) Explain the 3 phases of a PST programme. (5)  
(2+2+1 = 5 marks)
- 5E) Define motivation in sports. Explain the TARGET model in detail. (5)  
(1+4 = 5 marks)
- 5F) Describe the psychological impact caused by Covid19 on the athletes according to McCarthy et al. (5)  
Explain in detail the various kinds of losses experienced by athletes.
- 6A) What is the theory of planned behaviour? (2)
- 6B) What is anorexia? (2)
- 6C) Define clinical depression. (2)
- 6D) What is the relationship between exercise and mood? (2)
- 6E) What is Mind-to-Muscle relaxation? (2)

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# Question Paper

Exam Date & Time: 20-Jun-2024 (10:00 AM - 01:00 PM)



## MANIPAL ACADEMY OF HIGHER EDUCATION

FIFTH SEMESTER B.Sc.EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION-JUNE 2024  
SUBJECT: ESS3104- LEADERSHIP AND MANAGEMENT IN SPORTS  
(SCHEME 2020)

Marks: 100

Duration: 180 mins.

Answer all the questions.

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| 1)  | Explain in detail about Sports Marketing Framework.   | (20) |
| 2)  | Explain about job description and job specification. Construct a vacancy advertisement based on job description and job specification.<br>(5+15 = 20 marks) | (20) |
| 3)  | Identify and explain the strategies, sport organizations would adopt to go global.  | (10) |
| 4)  | Discuss and explain on the communication process with the help of a diagram   | (10) |
| 5A) | Discuss on the concept of digital sport marketing   | (5)  |
| 5B) | Briefly discuss the range of threats and hazards faced by sport organisation  | (5)  |
| 5C) | Explain the importance of leadership for the performance of sport organisation.   | (5)  |
| 5D) | Highlight and explain on the levels of management.  | (5)  |
| 5E) | Briefly explain the types of power.   | (5)  |
| 5F) | Explain operations management as a management activity  | (5)  |
| 6A) | Identify any four management skills   | (2)  |
| 6B) | Define conflict.  | (2)  |
| 6C) | Distinguish between group and team  | (2)  |
| 6D) | Identify the differences between mission and vision   | (2)  |
| 6E) | List down the weaknesses of group decision making.  | (2)  |

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