

**G C FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT
ASSOCIATE DEGREE IN SPORTS MASSAGE AND FITNESS**

JANUARY 2021 EXAMINATION

BASIC SPORTS TAPING

[SM201SEB]

YEAR 2

DURATION: 2 HOURS

Instructions: Answer all questions in the booklet supplied by the college

Answer all questions in Section A and B and any two from section C

DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO

SECTION A (15 marks)

Instructions: Answer all the questions in this section

Circle the correct response

1. In events involving impact and collisions, the participant must be protected from
 - a) Low velocity, low mass forces
 - b) High velocity, high mass forces
 - c) High velocity, low mass forces
 - d) Low mass, low velocity forces

2. An orthotic is a device for
 - a) Protecting the head
 - b) Correcting biomechanical problems
 - c) Replacing the shoe
 - d) Checking bone strength

3. Bandaging may be used to
 - a) restrict blood flow
 - b) keep a body part warm
 - c) minimize swelling
 - d) dress a wound

4. When applying an elastic bandage
 - a) make the anchor as tight as possible
 - b) start with the figure 8 technique
 - c) the roll should be placed in the preferred hand
 - d) wrap from top to bottom

5. Rigid adhesive tape is best used for
 - a) small, angular body part
 - b) controlling swelling
 - c) freedom of movement
 - d) its strength and adhering quality

6. What is the most important factor to consider when choosing a brace?
 - a) The intended purpose
 - b) The athlete's preference
 - c) The latest style of brace
 - d) The healing property

7. Wrapping should always begin
- distally and move proximally
 - proximally and move distally
 - medially and move laterally
 - laterally and move medially
8. In addition to protecting the teeth, the intraoral mouth guard
- absorbs the shock of chin blows
 - helps reduce the chance of cerebral concussion
 - helps reduce the chance of choking
 - A and B
9. When removing tape from the body
- it is ok to irritate the skin
 - remove the skin from the tape
 - quickly rip the tape away from the skin
 - peel the tape from the skin
10. Each turn of a bandage should overlap the previous bandage by at least
- the width of the over lying bandage
 - half the width of the underlying bandage
 - one third the underlying bandage
 - three quarter the overlying bandage
11. Which of the following statements about a functional brace is most accurate?
- It allow the athlete to make many adjustments
 - It is used by athletes to limits the function of a joint
 - It is a special brace athletes use during acute injury
 - It is the most common type of brace used by athletes
12. Which of the following is not used to secure bandages?
- Tape
 - Metal clip
 - Safety pin
 - Glue

13. In what position should the ankle be placed for an open basket weave taping?

- a) 60 degrees
- b) 80 degrees
- c) 90 degrees
- d) 120 degrees

14. Elastic bandages are called “active bandages” because

- a) They stretch without restriction
- b) They are only used during physical activity
- c) They allow the athlete to move without restriction
- d) They can be used to activate a muscle

15. When choosing an energy absorbing material, one must consider

- a) The density of the material
- b) The resilience of the material
- c) The heat resistance of the material
- d) A and B

SECTION B (15 marks)

Instructions: Answer all the questions in this section

Answer True or False to the following questions

16. Custom protective equipment is premade and packaged by the manufacturer. _____

17. Batting helmets do not need to withstand high-velocity impact. _____

18. Tape must be stored on its rolled side. _____

19. Braces are more cost effective than taping. _____

20. A body part should be wrapped in the position of maximum muscle relaxation. _____

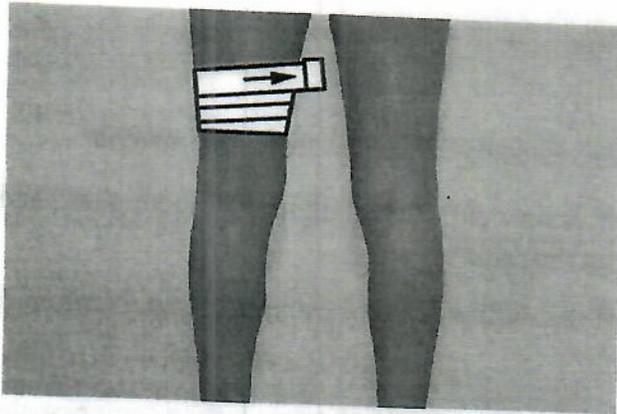
21. When maximum support is desired, tape is applied directly to the skin. _____

22. It is important to select equipment that will absorb an impact and focus it on the underlying body part. _____

23. Padding cannot prevent injuries by protecting the body from heavy contact with other people, hard surfaces or objects. _____
24. Sports bras are not considered protective garments. _____
25. An extra-oral mouth guard is best used to protect athletes from dental trauma. _____
26. Braces should interfere with normal joint function. _____
27. Non-resilient material is used over areas that are subject to one time or occasional impacts. _____
28. There are two types of protective eyewear. _____
29. Prophylactic bracing are special braces designed to support an acute injury. _____
30. Forty percent of a tape's mechanical strength is lost in the first 20 minutes. _____

SECTION C (30 marks)

Instructions: Answer 2 questions in this section



31. From the above picture:-

- (a) Name the bandaging pattern shown and state the **specific shape** of a body part that this pattern is most suited for. (2 marks)
- (b) List three other (3) patterns that can be used when applying an elastic bandage. (3 marks)
- (c) List five (5) safety precautions to be taken after applying a bandage. (5 marks)
- (d) Outline the general procedure for applying an elastic bandage. (5 marks)

32. An athlete sustains an injury to the ankle during a netball game.
- a) What ankle taping method would be **most** appropriate? (1 mark)
 - b) Outline the procedure for applying this support to the ankle (6 marks)
 - c) Outline the skin preparation that is required before tape is applied in an outpatient setting. (6 marks)
 - d) What adverse effect may result from incorrectly applying tape to a body part, and state how this can be minimized. (2 marks)
33. (a) State the types of braces commonly used in sports medicine and outline their function. (6 marks)
- (b) List three distinct advantages of using a brace instead of tape. (3 marks)
 - (c) Name the brace that is designed to treat tendinitis and state the mechanism by which it relieves pain. (3 marks)
 - (d) State three factors to consider when choosing a brace. (3 marks)
34. (a) Outline the factors to consider when choosing an energy absorbing material (6 marks)
- (b) Write brief notes on the benefits of using a customized intra oral mouth guard and state what is considered to be its correct placement in the mouth. (6 marks)
 - (c) State the differences between an off the shelf protective equipment and a custom equipment. (1 mark)
 - (d) What is the purpose of a sports bra and state the major consequence some females experience if they exercise without wearing one. (2 marks)

END OF EXAMINATION