# TEACHERS COLLEGES OF JAMAICA

## BACHELOR OF EDUCATION

## MAY 2022 EXAMINATIONS

## COMMON PAPER

## PHYSICAL EDUCATION

## SPORTS MEDICINE

## [PE401SEB]

**YEAR FOUR**

**SECONDARY** **TIME: 2 ½ HOURS**

**INSTRUCTIONS: Candidates are required to answer ALL questions in Section A and any THREE questions from Section B.**

---

**DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO**

## SECTION A [40 marks]

**Answer ALL questions in this section.**

1. a) Give a suitable definition for the term *sports medicine*. (2 marks)

   b) The JASM was established by Dr. Arthur Wint, Leila Robinson, and Professor John Golding. Outline their objective for establishing the organization. (2 marks)

   c) State THREE relevant dates and their corresponding events that occurred in the history and development of Sports Medicine worldwide. (6 marks)

2. Explain THREE roles of the physical education teacher as a member of the Sports Medicine team. (6 marks)

3. From a *sports medicine* perspective, differentiate between *drug abuse* and *doping*. (4 marks)

4. a) State the principle of strict liability as outlined in the WADA code. (2 marks)

   b) Describe any FOUR steps for testing urine samples as stipulated by WADA. (10 marks)

5. Identify FOUR foods that should NOT be included in a pre-event meal and provide justification for any THREE. (8 marks)

## SECTION B [60 marks]

**Answer any THREE questions in this section.**

1. Wellness is an active lifestyle that incorporates several components that affect health and social wellbeing. Discuss any FOUR dimensions of wellness. (20 marks)

2. As a Physical Education teacher, you are confronted with students with special conditions. Give an overview of ONE of the conditions stated below and outline FOUR ways you would manage it.
   a) Female Athlete Triad
   OR
   b) Hypertension (20 marks)

3. Prolonged exposure to exercise and sports increases the risk of developing injuries or certain conditions. Describe *Torn Meniscus* OR *Stress Fracture* in terms of the following:
   -FOUR mechanism of the injury
   -FOUR signs and symptoms
   -FOUR treatment of the injury
   -FOUR prevention of the injury

   (20 marks)

4. Discuss FOUR reasons why physical conditioning is essential to optimal sports performance. (20 marks)

5. Professional sports persons rely on effective rehabilitation programmes to get back as quickly as possible into sport after injury. Elaborate on the FOUR stages of the rehabilitation process. (20 marks)

**END OF EXAMINATION**