

**G C FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT**

**ASSOCIATE DEGREE IN COACHING**

**MAY 2022 EXAMINATION**

**SPORTS MEDICINE**

**YEAR 2**

**DURATION: 2 HOURS**

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**INSTRUCTIONS: This paper consists of two (2) sections 'A' and 'B'**

1. Answer **ALL** questions from Section A
2. Answer **TWO** questions from Section B

**DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO**

## SECTION A (40 MARKS)

### ANSWER ALL QUESTIONS FROM THIS SECTION

1. a) Give a suitable definition for “Sports Medicine.” (2 marks)  
b) Outline three (3) roles of the International Federation of Sports Medicine. (3 marks)  
c) The Jamaica Association of Sports Medicine Association was established in 1979, identify the three (3) persons that founded it. (3 marks)
  
2. a) Define the term “balanced meal”. (2 marks)  
b) Differentiate between a pre-event and a post event meal. (4 marks)  
c) Identify two (2) types of macronutrients. (2 marks)  
d) Give a function of a macronutrient listed in (c). (2 marks)
  
3. a) List the two (2) ways to diagnose sports injuries. (2 marks)  
b) Differentiate between a chronic injury and an acute injury. (4 marks)  
c) Give two (2) examples each of chronic and acute injuries. (2 marks)  
d) Identify four (2) types of treatment modalities for sports injuries. (2 marks)  
e) List two (2) benefits of ice application. (2 marks)
  
4. a) Define what is meant by “physical conditioning”. (2 marks)  
b) Describe two (2) stages of physical conditioning. (4 marks)  
c) Explain two (2) components of proper physical conditioning. (4 marks)
  
5. Strains and stress fractures are very common sports injuries.  
a) Define any of the **two (2)** sports injuries listed above. (6 marks)  
b) Give **four (4)** possible causes of the injury chosen in (a). (4 marks)  
c) Describe **four (3)** ways to treat the injury chosen in (a). (6 marks)  
d) Describe the importance of applying bandage to an injured area. (4 marks)

## SECTION B

(40 Marks)

ANSWER ANY TWO (2) QUESTIONS FROM THIS SECTION.

6. a) Define the term “rehabilitation”. (2 marks)  
b) Explain any four (4) stages of rehabilitation. (8 marks)  
c) Describe five (3) benefits of rehabilitation. (6 marks)  
d) Explain two (2) stages of rehabilitation. (4 marks)
7. a) List five (5) steps of the drug testing procedure (urine) as established by WADA.  
b) Describe the role of WADA and its impact on the eradication of doping in sports.  
c) Discuss the possible effects of drugs on the body of athletes.  
d) Plan a **post-event** meal for a group of football players. Justify your answer. (5 marks each)
8. Dehydration can be considered as an acute sports injury which may affect an athlete’s performance.  
a) Define the term “dehydration”. (4 marks)  
b) List four (4) signs and symptoms . (4 marks)  
c) Give four (4) possible causes of this condition. (4 marks)  
d) Explain four (4) ways to treat the condition . (8 marks)

END OF EXAMINATION

SECTION 2

(40 marks)

ANSWER ANY TWO QUESTIONS FROM THIS SECTION

- (a) 10 marks
- (b) 10 marks
- (c) 10 marks
- (d) 10 marks

- (i) Explain the term 'rehabilitation'.
- (ii) Explain the four (4) stages of rehabilitation.
- (iii) Describe five (5) benefits of rehabilitation.
- (iv) Explain two (2) stages of rehabilitation.

- (a) List five (5) stages of the drug testing process as outlined by WADA.
- (b) Identify the role of WADA and its impact on the enforcement of drug testing.
- (c) Discuss the pros and cons of drug testing in the body of athletes.
- (d) Form a government team for a group of athletes' physical health, performance.

(10 marks each)

- (a) 10 marks
- (b) 10 marks
- (c) 10 marks
- (d) 10 marks

- (i) Discuss the role of the International Olympic Committee (IOC) in the enforcement of anti-doping.
- (ii) Discuss the role of the World Anti-Doping Agency (WADA) in the enforcement of anti-doping.
- (iii) Discuss the role of the International Association of Athletics Federations (IAAF) in the enforcement of anti-doping.
- (iv) Discuss the role of the International Tennis Federation (ITF) in the enforcement of anti-doping.

END OF EXAMINATION