

TEACHERS COLLEGES OF JAMAICA
BACHELOR OF EDUCATION
MAY 2018 – EXAMINATIONS
COMMON PAPER
PHYSICAL EDUCATION
SPORTS MEDICINE
[PE401SEB]

YEAR 4

TIME: 2 ½ HOURS

SECONDARY

**INSTRUCTIONS: Candidates are required to answer ALL questions in Section A and
THREE questions in 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 an appropriate definition for the term "Sports Medicine". (2 marks)
b) What was the main reason for the forming of the Jamaica Association of Sports Medicine? (2 marks)
c) FIMS serves THREE major purposes. Explain how each is carried out. (9 marks)

2. From a Sports Medicine perspective, what is considered as:
i. A Drug?
ii. Drug abuse? (4 marks)

3. a) Briefly outline what is meant by the *principle of strict liability* as outlined in the WADA code. (2 marks)

b) List the steps involved in drug testing (urine) as stipulated by WADA and clearly outline what is involved in each step. (10 marks)

4. For athletes to perform at their optimum, proper nutrition prior to engagement is paramount. With this knowledge identify FOUR foods that should NOT be included in a pre-event meal and explain why. (8 marks)

5. Name any THREE members of the sports medicine team. (3 marks)

Section B - [60 marks]

Answer any THREE questions in this section.

6. Discuss any FOUR benefits of wellness. (20 marks)
7. As a Physical Education teacher, you will encounter students with special conditions. For example, *Female Athlete Triad*. Give an overview of how this condition can be adequately managed. (20 marks)
8. Athletes exposed to stress from continuous training and rigorous competition are at risk of many sports injuries. Among these is a *torn meniscus*. For this injury,
- i. explain the mechanism of the injury
 - ii. give the signs and symptoms
 - iii. explain treatment and preventative measures
 - iv. list sports in which it is prevalent.
- (20 marks)
9. Discuss FOUR ways in which *conditioning* can influence optimal sports performance. (20 marks)
10. Rehabilitation is an important process for persons who sustain sports injuries. Give an overview of the stages of the rehabilitation process. (20 marks)

END OF EXAMINATION

