

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

JANUARY 2021 EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

SPORTS MEDICINE

PE401SEB

YEAR FOUR

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 TOLD TO DO SO

Section A [40 marks]
Answer ALL questions in this section.

1. a) What is sport medicine? (2 marks)
- b) Briefly outline the history, aim, and mission of the Jamaica Association of Sports Medicine (JASM). (6 marks)
- c) Briefly describe the role of the Physical Education teacher as part of the sport medicine team with regards to prevention of injury. (6 marks)
2. FIMS serves THREE major purposes, explain how each is carried out. (6 marks)
3. From a Sports Medicine perspective, what is considered as Doping? (2 marks)
4. a) Explain *therapeutic use exemption* as outlined in the WADA Code. (4 marks)
- b) Briefly describe the steps involved in applying for a Therapeutic Use Exemption. (10 marks)
5. Identify TWO foods that would be wholesome to include in a pre-event meal and give meaning for your choice. (4 marks)

Section B [60 marks]

Answer THREE questions in this section.

1. Discuss the FOUR fundamentals of wellness. (20 marks)
2. In Physical Education, no child should be excluded solely because he /she suffers from a health condition. Outline clearly how EITHER of the conditions below can be adequately managed. (20 marks)
 - i. Asthma
 - OR
 - ii. Obesity

3. Prolonged exposure to exercise and sports increase the risk of developing injuries or certain conditions. Describe the condition Chondromalacia Patellae, in terms of the following: (20 marks)
- i. Mechanism of injury
 - ii. Causes (at least 2)
 - iii. Signs and Symptoms (at least 3 each)
 - iv. Treatment and Prevention (at least 3 of each)
4. Discuss any FOUR ways in which conditioning facilitates optimal sports performance. (20 marks)
5. Professional sports persons rely on effective rehabilitation programmes to get them back as quickly as possible into their sport after injury. Give an overview of the FOUR stages of the rehabilitation process. (20 marks)

END OF EXAMINATION

