

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

DECEMBER 2018- EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

**SPORTS MEDICINE
[PE401SEB]**

**YEAR: 4
SECONDARY**

Time: 2 ½ HOURS

INSTRUCTIONS: Answer ALL questions from Section A and THREE questions from Section B.

DO NOT TURN THIS PAGE UNTIL TOLD TO DO SO

Section A-40 Marks.
Answer ALL questions in this section.

1. a) Define the term *Sports Medicine*. (2 marks)
- b) The JASM was established by Dr. Arthur Wint, Leila Robinson and Professor John Golding. State their objective for establishing the organization. (2 marks)
- c) FIMS serves THREE major purposes. Explain how each is carried out. (6 marks)
2. Describe the roles of the Physical Education teacher as a member of the Sports Medicine team. (6 marks)
3. From a Sports Medicine perspective, what is considered as: (4 marks)
 - a) Drugs
 - b) Drug abuse
4. a) Explain the principle of *strict liability* as outlined in the WADA code. (2 marks)
- b) Clearly explain the steps for drug testing as stipulated by WADA. (10 marks)
5. A cricket team is scheduled to play in the finals of a local competition that starts at 3 p.m. You are responsible for providing meals for this team. Design an appropriate pre-event meal and state the time the meal should be consumed. (8 marks)

Section B-60 Marks.

Answer ANY THREE questions in this section.

1. Discuss FOUR dimensions of wellness. (20 marks)
2. As a Physical Education teacher you are confronted with students who have been diagnosed with *Female Athlete Triad* or *Hypertension*. Give an overview of how you would manage ONE of these conditions. (20 marks)
3. Athletes exposed to stress from continuous exercise are at risk of injuries such as Stress fracture and Torn meniscus. Choose ONE and describe: (20 marks)
 - Causes
 - Mechanism of the injury
 - Signs and Symptoms
 - Treatment and Prevention
4. Discuss the importance of conditioning to optimal sports performance. (20 marks)
5. Give an overview of FOUR stages of the Rehabilitation process. (20 marks)

END OF EXAMINATION

