

G. C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT

DIPLOMA IN COACHING

MAY 2017 EXAMINATION

SPORTS MEDICINE

YEAR 2

DURATION: 2 HOURS

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
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SECTION A (40 MARKS)

ANSWER ALL QUESTIONS FROM THIS SECTION

1. a) Give a suitable definition for "Sports Medicine." (2 marks)
- b) What are the roles of FIMS? (3 marks)
- c) Name the governing body of Sports Medicine in Jamaica. (1 mark)
- d) Identify the persons who established the governing body listed in (c) (3 marks)

2. a) List the two (2) types of diagnosis (2 mark)
- a) Differentiate between a chronic injury and an acute injury (4 marks)
- c) Identify four (4) types of treatment modalities for sports injuries (2 marks)
- d) List two (2) benefits of ice application. (2 marks)

3. a) Explain what is meant by “conditioning” (2 marks)
b) List the two stages of physical conditioning (2 marks)
c) List the four components of proper physical conditioning. (4 marks)
d) Give **one (1)** activity that can be used to develop each component. (4 marks)
4. 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 minerals (1 mark)
d) Give a major function of proteins. (2 marks)

SECTION B (40 Marks)

ANSWER ANY TWO (2) QUESTIONS FROM THIS SECTION.

5. a) Define the term dehydration (2marks)
b) List **five (5)** signs that a coach can look for to indicate that an athlete is dehydrated. (5 marks)
b) Describe **three (3)** ways in which an individual can become dehydrated. (6 marks)
d) Describe how a person can avoid dehydration during a training session. (3 marks)
e) State briefly the treatment for dehydration (4 marks)
6. a) Define the term “rehabilitation” (2 marks)
b) Explain any four (4) stages of rehabilitation (8 marks)
c) Explain the importance of rehabilitation (10 marks)

7. a) Define the term “drug abuse” (2 marks)
- b) Describe what is meant by “therapeutic use exemption” (2 marks)
- c) Outline **four** (4) major classification of drugs (4 marks)
- d) List **four** (4) drugs that are banned in sports (4 marks)
- e) State how athletes benefit from using the drugs listed at ‘d’ (8 marks)
8. a) Outline **four** (4) possible causes each for any **two** (2) of the following conditions listed below.
- Strain
 - Tennis elbow
 - Torn meniscus
 - Stress Fracture (8 marks)
- b) Give **four** (4) signs and symptoms of each of the condition chosen in ‘a’. (4 marks)
- c) State how you would prevent each of the two conditions (4 marks)
- d) Describe the treatment for each of the two conditions (4 marks)

END OF EXAMINATION