**SECTION A. MULTIPLE CHOICE QUESTIONS.**

1. Which of the following definitions best describes the field of sports medicine ?

A. Doctors who provide care to athletes.

B. Different specialized areas related to performance and injury.

C. Involves only the team physician and the athletic trainer.

D. An association with a few professional organizations.

2. The primary purpose of a preseason health exam is to.

A. Identify whether an athlete is at risk before they participate.

B. Determine body fat percentage for coaches.

C. Reveal qualifying conditions.

D. Satisfy insurance and liability issues.

3. What is an electrolyte disorder that marathon runner may experience , caused by ingesting large quantities of water and sweating over several hours ?

A. Heat exhaustion.

B. Hyperthermia.

C. Heat cramps.

D. Hyponatremia.

4. What condition is it when there is an apophysitis at the insertion of the petellar tendon on the tibial tubercle ?

A. Osgood schlatter's disease.

B. Patellar tendonitis.

C. Sever's disease.

D. Housemaid's knee.

5. When a sprinter runs the 100 meter dash, what structure within the muscles is primarily being used ?

A. Muscle spindles.

B. Golgi Tendon organs.

C. Fast Twitch Fibers.

D. Slow Twitch fibers.

6. A bicep curl using a dumbbell is an example of.

A. Isometric exercises.

B. PNF exercise.

C. Isokinetic exercise.

D. Isotonic exercise.

7. If a uniform becomes saturated with blood. What is the proper action that should be taken for the athlete to continue participation.

A. No action should be taken and the athlete should continue without interruption.

B. The blood should be rinsed off with water.

C. The uniform should be changed at halftime.

D. The uniform should be changed immediately.

8. Of the professionals listed below , who has the ultimate responsibility for the total health care of the student athlete ?

A. School nurse.

B. Physician.

C. Athletic trainer.

D. Coach.

9. What are the components of ABCs in CPR.

A. Airway, beating, compression.

B. Airway , breathing , compression.

C. Asystole , beating , compression.

10. Athletic training is.

A. A specialization in sports medicine.

B. A major link between sports programs and medical community.

C. Concerned with the prevention and treatment of athletic injuries.

D. All of the above.

11. Which of the following organizations is responsible for helmet certification standard.

A. Athletic Equipment Manager Association.

B. National Collegiate Athletic Association.

C. American National Standard Institution.

D. National Operating Communittee on Standards for athletic Standards.

12. Which of the following structures is not a tarsal bone.

A. Navicular.

B. Metatarsal.

C. Talus.

D. Cuboid.

13. What condition is it when there is an apophysitis at the insertion of the Achilles tendon on the calcaneus ?

A. Osgood schlatter's disease.

B. March fracture.

C. Sever's disease.

D. Calf strain.

14. What is another name for 'flat feet' ?

A. Pes planus.

B. Pes cavus.

C. Pes equine.

D. Hallux rigidus.

15. What degree classification of a ligament sprain involves a complete tear of the tissue ?

A. First degree.

B. Second degree.

C. Third degree.

D. Fourth degree.

16. Which of the following are important concerns when designing an effective rehabilitation program ?

A. Providing correct and immediate first aid.

B. Reducing pain.

C. Restoring full range of motion.

D. All of the above.

17. The closed basket weave taping techniques is used to support which of the following.

A. Arch.

B. Ankle.

C. Shin.

D. Knee.

18. Of the terms below , which is not a movement of the foot ?

A. Inversion.

B. Planter flexion.

C. Dorsiflexion.

D. A version.

19. Factors that must be considered in order to prevent foot injuries include.

A. Proper footwear.

B. Adapting to training surfaces.

C. Correcting biomechanical deficiencies.

D. A and B.

20. A positive Thomas Test indicates tightness in which muscle group ?

A. Hip adductors.

B. Hip extensors.

C. Hip internal rotators.

D. Hip flexors.

21. Which of the following muscles is located on the posterior surface of the arm.

A. Bicep muscles.

B. Brachialis.

C. Triceps.

D. Brachioradialis.

22. When an elbow is dislocated , it is important to consider the possibility of what secondary injury.

A. A fracture.

B. Tearing or pinching of the nerves.

C. Disruption of normal blood supply.

D. All of the above.

23. The Lachman' s Test is used to evaluate stability of which of the following?

A. Median collateral ligament.

B. Anterior cruciate ligament.

C. Medial meniscus.

D. Patellar femoral joint.

24. In psychogenic shock, which one of the following statements explains best ?

A. Occurs following sudden fright from unexpected bad news.

B. Occurs following a cute traumatic injury.

C. The patient is unlikely to lose consciousness.

D. The management for the patient with such a condition is purely counseling.

25. On septic shock, which answer is more applicable.

A. Commonly occurs following a snake bite.

B. Most often due to gram- negative than gram positive infections.

C. Endotoxins are the cause of the shock.

D. Antibiotics are contraindicated.

26. Early signs of shock include.

A. Decrease in pulse rate.

B. The blood pressure remain Norma.

C. Administration of fluids is contraindicated.

D. Patient is unconscious.

27. Regarding SHOCK , which statement is true.

A. There is increased Glomerular Filtration Rate.

B. There is reduced central nervous perfusion leading to drowsiness.

C. There is increased sodium retention leading to an increased blood diastolic pressure.

D. Feeling of thirsty is unlikely.

28. Which of the following fluids is not useful in fluid therapy in shock.

A. Normal saline.

B. Ringers.

C. Hartmann's solution.

D. 10℅ Dextrose.

29. Regarding anaphylactic shock, which statement is NOT true.

A. Penicillin injection can be the cause.

B. Bee stings can initiate the problem.

C. Shellfish may cause.

D. Excessive bleeding is a real cause.

30. All of the following are cause related to obstructive shock except.

A. Cardiac tamponade.

B. Air embolism.

C. Cardiac arrhythmias.

D. Pulmonary Embolism.

31. A 19 year old male patient is brought to the outpatient department after sustaining an abdominal injury and fracture femur while playing Rugby. He is complaining of left upper abdominal pain and Right thigh, he is pale , pulse 140/min and systolic blood pressure is 100mmhg, what is the type of shock?

A. Septic shock.

B. Cardiogenic shock.

C. Hypovolaemia shock.

D. None of the above.

32. One of the following options is the last sign if shock.

A. Profound hypotension.

B. Tachycardia.

C. Prolonged capillary refill.

D. Patient demanding to take water.

33. What is the 1st. Parameter to change in hypovolaenic shock.

A. Systolic blood pressure.

B. Pulse rate.

C. Respiratory rate.

D. Skin vasoconstriction.

34. Which Kenyan industry has the highest accidental death rate.

A. Construction industry.

B. Agriculture industry.

C. Manufacturing industry.

D. Transport sector.

35. Which is not a clinical component of the Glascow coma scale.

A. Eye movement.

B. Sensation verbal response.

C. Verbal response.

D. Extremity movement.

36. Class 1 hemorrhage indicates what percentage of blood loss.

A. 10℅.

B. 25 ℅.

C. 35 ℅.

D. 55 %.

37. A young motorcycle driver is thrown against a concrete bridge and sustain severe trauma about the face , with marked deformity and bleeding which of the following statements regarding these scenario is true.

A. Cervical spine evaluation takes prevalence over facial injuries.

B. Lefort fractures rarely cause severe hemorrhage.

C. Naso tracheal intubation must be done urgently to prevent airway obstruction.

D. Plain Radiographs are preferred to CT. Emergencies.

38. Which is the simplest way to open the airway in an unconscious patients.

A. Pull out the tongue.

B. Tilt head and lift chin.

C. Lift neck from behind.

D. Jaw thrust.

39. What is the appropriate time the brain can be hypoxic before developing irreversible damage.

A. 10 minutes.

B. 5 minutes.

C. 2 minutes.

D. 20 minutes.

40. A spinal Trauma patient loses the ability to use his rib or abdominal muscles , but is still able to breathe because the diaphragm contracts injury at which of the following levels us consistent with description.

A. C2.

B. C7.

C. T5.

D. T7.

**SECTION B: SHORT STRUCTURED QUESTIONS.**

1. Outline the management of Elbow Dennis injury. (10marks).

2. List down five predisposing factors to injuries in sports. (5marks ).

3. State the preventive measures to injuries in sports. ( 5marks ).

4. Explain the components of Basic life support. ( 10 marks ).

5. List down top ten most common sports injuries. ( 10 marks ).

**SECTION C. LONG STRUCTURED QUESTIONS.**

1. You were called to the Emergency and trauma center to attend to patient who has been brought by good Samaritans after being involved in Road Traffic Accident a few hours ago.

1a. Outline the steps you would take in the management of the patient.

1b. After assessment of the above patient you found that this patient is in shock , explain the different types of shock. ( 10marks).