

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: SPORTS SCIENCE

BACHELOR OF SCIENCE HONOURS DEGREE IN SPORTS SCIENCE AND MANAGEMENT

SSM415 (3) SPORTS MEDICINE

DURATION: 3 HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

Answer two questions from Section A and two questions from Section B.

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Section A

1. Outline the sports medicine personnel and their roles. (20 Marks)
2. Explain the following First Aid procedures in injury management.
  - a) PRINCE (5 Marks)
  - b) TO TAPS. (5 Marks)
  - c) HARM. (5 Marks)
  - d) DR ABC. (5 Marks)
3. Discuss strategies to prevent sport injuries. (20 Marks)

**Section B**

4. A 24 year old rugby player sustains an acute injury on the left knee after a hard tackle. He develops sudden swelling of the injured knee.

**Task**

Analyse:

- a) The mechanism of the injury. (5 Marks)
- b) Assessment of the injury. (5 Marks)
- c) The management of the injury. (20 Marks)

5. Professional sports players rely on effective rehabilitation programmes to return to play as quickly as possible after injuries.

**Task**

Develop a rehabilitation programme, highlighting:

- a) Pain management. (5 Marks)
- b) Flexibility and joint ROM. (5 Marks)
- c) Strength (5 Marks)
- d) Proprioception (5 Marks)
- e) Functional rehabilitation. (10 Marks)

6. A 22-year-old football player has experienced a sharp pain on the ankle after a sudden change of direction during a game. He was unable to bear weight on the affected leg.

**Task**

**Deliberate on:**

- a) The mechanism of the injury. (5 Marks)
- b) Signs and symptoms. (5 Marks)
- c) Initial treatment approach. (10 Marks)
- d) Return to play functional tests. (10 Marks)

**END OF PAPER**