

BINDURA UNIVERSITY OF SCIENCE EDUCATION
FACULTY OF SCIENCE AND ENGINEERING
DEPARTMENT: SPORTS SCIENCE
MASTER OF SCIENCE DEGREE IN SPORTS SCIENCE
SS506 SPORTS MEDICINE AND REHABILITATION

DURATION: 3 HOURS

TOTAL MARKS: 100

(Plus 15 Minutes for Practical Preparation/Case Reading)

INSTRUCTIONS TO CANDIDATES

Section A is **compulsory**.

Answer **three** questions from Section B.

JUN 2025

Section A

Simone Biles - Mental Health and Sports Psychology

Background:

- **Athlete:** Simone Biles, one of the greatest gymnasts in the history of the sport.
 - **Challenges Faced:** Simone Biles experienced mental health issues, including the "twisties," during gymnastics competitions.
 - **Identification of Mental Health Challenges:** Sports psychology played a crucial role in recognizing and addressing mental health challenges faced by Simone Biles, including the phenomenon known as the "twisties."
- a. How did sports psychology interventions contribute to Simone Biles' ability to manage mental health issues and perform at the highest level? **[20 marks]**
- b. Highlight the broader impact of integrating sports psychology into an athlete's training regimen, using Simone Biles as an example. **[20 marks]**

Section B.

2. Discuss the impact of environmental factors on athlete performance and health. Provide examples of how sports medicine professionals can address issues such as extreme temperatures, altitude, and air quality. **[20 marks]**
3. Provide examples of common medical problems encountered in sports, and explain how you would approach their management. **[20 marks]**
4. Explain the role of physical therapy modalities in sports medicine. Provide examples of modalities and their applications in the rehabilitation process. **[20 marks]**

5. Explain the collaborative relationship between sports medicine professionals and athletic trainers. Provide examples of scenarios where consultation between the two is essential. **[20 marks]**

6. Discuss the psychological aspects of sports injuries. Explain how you would support an athlete dealing with a long-term injury, addressing the emotional impact and facilitating a positive mindset for rehabilitation. **[20 marks]**

END OF PAPER