

Sports Medicine Fundamentals

Sports Medicine · Answer Key · 10 Questions

1. Which of the following is the primary role of ligaments in the human musculoskeletal system?

- A) To contract and produce movement
- B) To connect muscle to bone
- C) To connect bone to bone and stabilise joints**
- D) To absorb shock between bones

2. When an athlete experiences a sprain, what type of tissue is most likely to be injured?

- A) Muscle fibres
- B) Tendons
- C) Nerve cells
- D) Ligaments**

3. RICE is a common first-aid acronym for managing acute soft-tissue injuries. What does the 'E' in RICE stand for?

- A) Exercise
- B) Elevation**
- C) Examination
- D) Enzymes

4. Which of the following is a common symptom of dehydration during physical activity?

- A) Increased energy levels
- B) Clear urine
- C) Headache and dizziness**
- D) Reduced heart rate

5. What is the term for the gradual increase in the intensity and duration of exercise to avoid overtraining and injury?

- A) Static stretching
- B) Progressive overload**
- C) Interval training
- D) Isometric contraction

6. The medical condition characterised by extreme fatigue, decreased performance, and increased susceptibility to illness, often resulting from excessive training, is known as:

A) DOMS (Delayed Onset Muscle Soreness)

B) Overtraining syndrome

C) Heatstroke

D) Concussion

7. Which type of joint in the human body allows for the widest range of motion, such as in the shoulder and hip?

A) Hinge joint

B) Pivot joint

C) Saddle joint

D) Ball-and-socket joint

8. The process by which the body cools itself through the evaporation of sweat is called:

A) Conduction

B) Convection

C) Radiation

D) Evaporation

9. A muscle strain refers to damage to which type of tissue?

A) Bone

B) Ligament

C) Tendon

D) Muscle

10. Proper warm-up before exercise primarily aims to increase blood flow to muscles and:

A) Decrease muscle temperature

B) Improve joint flexibility and reduce injury risk

C) Initiate muscle fatigue

D) Strengthen bones