

Sports Medicine Fundamentals

Sports Medicine · Practice Test · 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