

Sports Medicine Fundamentals

Sports Medicine · Answer Key · 10 Questions

1. Which professional medical role involves the assessment and rehabilitation of musculoskeletal injuries, often utilizing physical agents like heat or ultrasound?

- A) Podiatrist
- B) Physiotherapist**
- C) Nutritionist
- D) Sport Psychologist

2. What is the primary function of an ACL (Anterior Cruciate Ligament) in the human knee?

- A) To connect the kneecap to the shin bone
- B) To prevent the tibia from sliding out in front of the femur**
- C) To cushion the joint during impact
- D) To produce synovial fluid for lubrication

3. Which condition, characterized by repetitive stress, results in inflammation of the tissues connecting the heel bone to the toes?

- A) Plantar fasciitis**
- B) Achilles tendonitis
- C) Shin splints
- D) Bursitis

4. In sports medicine, what is the acronym RICE commonly used to describe in the immediate treatment of soft tissue injuries?

- A) Rest, Ice, Compression, Elevation**
- B) Recovery, Immobilization, Cold, Extension
- C) Rehabilitation, Intensity, Circulation, Exercise
- D) Rotation, Inversion, Cooling, Evaluation

5. Which substance is naturally produced by the liver and kidneys and is used by athletes to replenish energy stores in muscle tissue during short bursts of high-intensity activity?

- A) Creatine**
- B) Collagen
- C) Glutamine
- D) Biotin

6. What is the medical term for the displacement of a bone from its normal position within a joint?

- A) Fracture
- B) Sprain
- C) Dislocation**
- D) Strain

7. Which type of medical professional specializes in the study of food and its impact on athletic performance and recovery?

- A) Epidemiologist
- B) Cardiologist
- C) Dietitian**
- D) Radiologist

8. What is the primary diagnostic imaging technique used to visualize soft tissue structures, such as ligaments and tendons, without the use of ionizing radiation?

- A) X-ray
- B) Computed Tomography (CT)
- C) Magnetic Resonance Imaging (MRI)**
- D) Fluoroscopy

9. What is the common term for a grade 1 muscle injury involving the overstretching or tearing of muscle fibers?

- A) Fracture
- B) Strain**
- C) Contusion
- D) Sprain

10. Which physiological state occurs when an athlete's body temperature rises above 40 degrees Celsius (104 degrees Fahrenheit) accompanied by central nervous system dysfunction?

- A) Hypothermia
- B) Heatstroke**
- C) Dehydration
- D) Anemia