

# Sports Medicine Mastery Challenge

Sports Medicine · Practice Test · 8 Questions

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**1. What is the primary physiological adaptation responsible for the "second wind" phenomenon experienced during prolonged exercise?**

- A) Increased oxygen debt repayment
- B) Shift to anaerobic metabolism
- C) Improved lactate clearance and increased aerobic energy supply
- D) Enhanced parasympathetic nervous system activation

**2. Which of the following bones is most commonly fractured in a "styloid fracture" associated with a fall on an outstretched hand?**

- A) Scaphoid
- B) Lunate
- C) Radius
- D) Ulna

**3. The "unhappy triad" of knee injuries, often sustained in sports involving sudden changes in direction, classically involves damage to which three structures?**

- A) Anterior Cruciate Ligament (ACL), Medial Collateral Ligament (MCL), and Medial Meniscus
- B) Posterior Cruciate Ligament (PCL), Lateral Collateral Ligament (LCL), and Lateral Meniscus
- C) ACL, MCL, and Lateral Meniscus
- D) PCL, MCL, and Medial Meniscus

**4. What is the term for the medical condition characterized by a sudden, severe decrease in blood flow to the brain, causing temporary neurological dysfunction, often referred to as a "mini-stroke"?**

- A) Cerebral Palsy
- B) Transient Ischemic Attack (TIA)
- C) Stroke (Cerebrovascular Accident - CVA)
- D) Migraine Aura

**5. Which muscle group is primarily responsible for hip extension, a fundamental movement in activities like running and jumping?**

- A) Quadriceps femoris
- B) Hamstrings
- C) Gluteus maximus
- D) Adductor magnus

**6. The "RICE" protocol for acute soft tissue injuries stands for Rest, Ice, Compression, and what?**

- A) Elevation
- B) Exercise
- C) Examination
- D) Engagement

**7. What is the main function of the Achilles tendon?**

- A) To flex the foot at the ankle
- B) To extend the foot at the ankle (plantarflexion)
- C) To invert the foot
- D) To evert the foot

**8. Which type of cartilage is found cushioning the ends of bones in synovial joints, facilitating smooth movement and shock absorption?**

- A) Fibrocartilage
- B) Elastic cartilage
- C) Hyaline cartilage
- D) Perichondrium