

History of Sports Medicine

Sports Medicine History · Answer Key · 10 Questions

1. In which year was the International Federation of Sports Medicine (FIMS) founded, marking a formal step in the organization of the field?

- A) 1928**
- B) 1945
- C) 1960
- D) 1912

2. Which ancient Greek physician is widely considered the 'father of sports medicine' due to his work with gladiators and athletes?

- A) Hippocrates
- B) Galen**
- C) Aristotle
- D) Archimedes

3. The first clinical research journal dedicated specifically to sports medicine, 'The American Journal of Sports Medicine', was established in which decade?

- A) 1950s
- B) 1970s**
- C) 1980s
- D) 1960s

4. Who is credited with performing the first recorded arthroscopic surgery on a knee in 1918?

- A) Kenji Takagi**
- B) Robert Jackson
- C) Michael Freeman
- D) Albert Freeman

5. The 1968 Winter Olympics in Grenoble were notable in sports medicine history for introducing which medical innovation?

- A) First mandatory concussion protocol
- B) First anti-doping testing for all athletes**
- C) First use of portable heart rate monitors
- D) First onsite MRI scanner

6. Which historical document from 1954 defined the medical responsibility of team physicians for the first time on a global stage?

A) The Helsinki Declaration

B) The Nuremberg Code

C) The Olympic Medical Code

D) The Geneva Protocol

7. What surgery, pioneered by Frank Jobe in 1974, revolutionized the treatment of ulnar collateral ligament injuries in baseball players?

A) Meniscectomy

B) Tommy John surgery

C) Rotator cuff repair

D) ACL reconstruction

8. In 1904, the St. Louis Olympic Games saw a dangerous medical incident involving a marathon runner who was given what substance as a performance-enhancer?

A) Strychnine and brandy

B) Cocaine and caffeine

C) Morphine and whiskey

D) Pure oxygen

9. Which professional sports organization was the first to mandate a formal concussion management policy for all its players in 1994?

A) FIFA

B) NHL

C) NFL

D) NBA

10. The 'Pirogov-Zhitenev' approach in the early 20th century refers to the early integration of which practice into Soviet sports medicine?

A) Psychological coaching

B) Massage and physical therapy

C) High-altitude training

D) Nutritional supplements