

History of Sports Medicine

Sports Medicine History · Practice Test · 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 Which historical document from 1954 defined the medical responsibility of team physicians for the first time on a global stage?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