

Sports Medicine History and Science

Sports Medicine · Practice Test · 8 Questions

1. In what year was the International Federation of Sports Medicine (FIMS) officially founded?

- A) 1928
- B) 1935
- C) 1948
- D) 1952

2. The first clinical definition of 'Female Athlete Triad' was introduced by the American College of Sports Medicine in which year?

- A) 1988
- B) 1992
- C) 1997
- D) 2001

3. Approximately how many bones are in the adult human body, a key figure for orthopaedic sports medicine specialists to master?

- A) 196
- B) 206
- C) 216
- D) 226

4. Which physician is widely credited with establishing the first modern sports medicine clinic in Berlin in 1912?

- A) August Bier
- B) Bernhard Schimmelbusch
- C) Carl Diem
- D) Ludwig Guttmann

5. What is the standard recommended frequency of moderate-intensity aerobic physical activity for adults per week according to global health guidelines?

- A) 60 minutes
- B) 90 minutes
- C) 150 minutes
- D) 200 minutes

6. Dr. Ludwig Guttmann founded the Stoke Mandeville Games in 1948, which eventually evolved into which major international event?

- A) Special Olympics
- B) Invictus Games
- C) Paralympic Games
- D) Commonwealth Games

7. The anterior cruciate ligament (ACL) is responsible for providing what percentage of the total restraining force to anterior tibial displacement?

- A) 65%
- B) 75%
- C) 85%
- D) 95%

8. In 1954, the first successful meniscus surgery using an arthroscope was performed by which Japanese surgeon?

- A) Kenji Takagi
- B) Masaki Watanabe
- C) Ryoji Koga
- D) Hiroshi Ikeuchi