Sports Medicine Fundamentals

Sports Medicine · Answer Key · 15 Questions

1. Which of the following describes the acronym R.I.C.E. in the initial management of soft tissue injuries?

A) Rest, Ice, Compression, Elevation
B) Recovery, Immobilization, Cold, Exercise
C) Rehabilitation, Intensity, Circulation, Energy
D) Rest, Intensity, Compression, Evaluation

2. What is the primary function of a ligament in the human body?

A) To connect muscle to bone
B) To connect bone to bone
C) To facilitate gas exchange in cells
D) To provide lubrication for joints

3. Which type of injury is characterized by the overstretching or tearing of muscle fibers?

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

4. What does the 'S' stand for in the S.A.I.D. principle regarding athletic training?

A) Strength
B) Speed
C) Specific
D) Stretching

5. Which phase of the healing process involves the formation of a clot and the removal of debris?

A) Remodeling phase
B) Inflammatory phase
C) Proliferation phase
D) Maturation phase

6. What is the medical term for a fracture where the bone breaks into multiple pieces?

A) Greenstick fracture
B) Comminuted fracture
C) Transverse fracture
D) Stress fracture

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7. Which body system is primarily responsible for transporting oxygen to muscles during exercise?

A) Nervous system
B) Endocrine system
C) Cardiovascular system
D) Digestive system

8. What is the purpose of a 'taping' technique used by sports trainers?

A) To replace muscle function
B) To provide mechanical stability and support to joints
C) To increase bone density
D) To cure infections

9. Which mineral is essential for the contraction of muscles and the transmission of nerve impulses?

A) Iron
B) Calcium
C) Zinc
D) Potassium

10. What is the definition of 'atrophy' in the context of sports medicine?

A) Rapid increase in muscle mass
B) Waste away or decrease in size of an organ or tissue
C) The hardening of tendons
D) The inflammation of a bursa

11. Which of the following is considered an acute injury rather than a chronic injury?

A) Tendinopathy
B) Stress fracture
C) Ankle sprain
D) Bursitis

12. What is the primary role of synovial fluid in a joint?

A) To provide blood supply to cartilage
B) To reduce friction between articular cartilages
C) To anchor ligaments to bones
D) To transmit electrical signals

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13. What is the 'Golden Hour' in sports medicine emergency response?

A) The first 60 minutes after a severe injury for optimal medical intervention

B) The time an athlete should spend warming up

C) The time required for muscle glycogen to replenish

D) The period of rest between sets

14. Which tool is used to measure the range of motion of a joint?

A) Sphygmomanometer

B) Stethoscope

C) Goniometer

D) Thermometer

15. What is a primary symptom of a concussion?

A) Increased muscle strength

B) Improved reaction time

C) Confusion or memory loss

D) Decreased heart rate