



University of Fort Hare  
*Together in Excellence*

## EXAM PAPER 1

### Sport Injuries (HUS228)

<b>PROGRAMME:</b>	Bachelor of Health Science in Human Movement Science
<b>DATE:</b>	November Exams
<b>EXAMINER:</b>	Ms S. Skeyi
<b>INTERNAL MODERATOR:</b>	
<b>DURATION:</b>	3 hours
<b>MARKS:</b>	100

Student answers all the questions in Sections A, B and C.

**SECTION A****[25]****QUESTION 1****{10}**

Make use of Column A and B. Match the terminology in Column A with the appropriate description in B. Write only your answer in the answer book that is provided, e.g. 1.1 C.

COLUMN A		COLUMN B	
1.1	Strains	A	Damage to joints and are also classed as soft tissue injuries.
1.2	Arthrology	B	Any point where two bones meet, whether or not the bones are movable at that interface
1.3	Second-class Lever	C	The study of musculoskeletal movement
1.4	Humeroradial joint	D	Soft tissue injuries and can happen when a muscle is twisted or wrenched.
1.5	Sprains	E	Soft tissue injury and occurs when a joint is twisted excessively, usually when changing direction or pivoting at speed.
1.6	Kinesiology	F	Science of joint structure, function, and dysfunction.
1.7	Temporomandibular (jaw) joint (TMJ)	G	Any elongated, rigid object that rotates around a fixed point
1.8	Torn cartilage	H	Resistance between fulcrum and effort (FRE)
1.9	Lever	I	Where the capitulum of the humerus meets the head of the radius
1.10	Joint	J	Articulation of the condyle of the mandible with the mandibular fossa of the temporal bone

**QUESTION 2**

{15}

Indicate whether the following statements are true or false. Provide the correct answer if the statement is false. If no reason is provided, no marks will be allocated.

- 2.1 Joints link the bones of the skeletal system
- 2.2 RICE stands for Rest, Incline, Chill, Extend
- 2.3 A closed fracture is when the bone is under the muscle
- 2.4 Circumduction is when one end of an appendage remains stationary while other end makes a circular motion.
- 2.5 Sport Injury occurs as a result of participation in an organized practice or game
- 2.6 A mechanical advantage is the ratio of its effort arm to resistance arm.
- 2.7 A monoaxial joint has more degrees of freedom or axis of rotation than a multiaxial joint.
- 2.8 A transverse fracture is when the break occurs diagonally across the bone
- 2.9 Collagen is a protein that does not stretch under tensile force



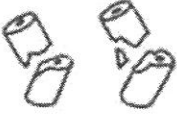
**SECTION B**



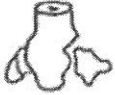
[45]

**QUESTION 3**

{12}

Fill in the table below to differentiate between different injuries. E.g. 3.1.1 Compression, 3.1.2 Oblique

Appearance	Pattern	Mechanism
	3.1.1	3.1.2
	3.2.1	3.2.2
	3.3.1	3.3.2

	3.4.1	3.4.1
	3.5.1	3.5.2
	3.6.1	3.6.2

**QUESTION 4**

**{20}**

- 4.1 Classify and describe synovial and cartilaginous joints different types of joints in the human body, including their structure, function, and examples. (20)

**QUESTION 5**

**{13}**

- 5.1 Using a table differentiate between the first, second and third class lever with an example for each. (9)

First-Class Lever	Second-Class Lever	Third-Class Lever

- 5.2 Define Range Of Motion(ROM) and what determines ROM (4)

**SECTION C****[30]****QUESTION 6****{20}**

6.1 David is a 25-year-old professional tennis player who has prepared for an Australian Open. He stands on the court now to serve effectively during a critical tiebreaker. It is a windy and hot day with the crowd cheering him on and his opponent trying to distract him. His coach and team players have been a great support system, and he stands remembering his coaches training methods. He remembers his strength and practice and begins to focus because there is a time limit to his serve.

6.1.1 Define Work -Systems Model (5)

Using the above scenario create a work systems model for David. (15)

**Question 7****(10)**

Tom, a 25-year-old soccer player, suffered an injury during a match. After assessment, the physiotherapist diagnosed a Grade 2 ankle sprain.

7.1 Describe the immediate care and management strategies for Tom's ankle sprain. (4)

7.2 Outline the rehabilitation protocol for Tom to return to play safely and effectively. (4)

7.3 Explain the differences between a Grade 2 ankle sprain and a stress fracture of the ankle. (2)

**TOTAL: 100**

