

Option – Sports Medicine PAST HSC Questions

2019. EXAM Question 30 — Sports Medicine

- a) An athlete dives towards the ground in an attempt to score a try in a game of touch football. The athlete hears a loud crack and remains on the ground, clutching the injured shoulder.
- (i) Explain the assessment procedures that should be used to determine the nature and extent of this injury. **4 marks**
 - (ii) Describe the management of fractures and dislocations. **4 marks**
- (b) Analyse how climatic conditions affect the safe participation of athletes in sport. **12 marks**

2018 Exam

Question 29 — Sports Medicine

- a) An athlete running a 400-metre race experience a hamstring strain in the sprint towards the finish line. Explain the classification and management of the athlete's injury. **(8 marks)**
- b) Evaluate policies and procedures that address the ethical considerations in determining when an athlete returns to play from injury. **(12 Marks)**

2017 EXAM

Question 29 — Sports Medicine

- (a) **(8 marks)** Explain how athletes in a range of different sport physically prepare to prevent injury.
- (b) **(12 marks)** To what extent do the specific needs of children and young athletes have to be considered for them to participate safely in sport?

2016 EXAM

Question 29 — Sports Medicine

- a) Explain the physical activity options available for aged people with medical conditions. **(8)**
- b) Evaluate the strategies an athlete may employ to support the body's mechanisms for regulating temperature. **(12)**

2015 EXAM

Question 29 — Sports Medicine

- a) Why do iron deficiency and lower bone density affect female athletes? **(8 marks)**
- b) To what extent do specific sport' policies promote safe participation? **(12 marks)**

2014 EXAM

Question 31 — Sports Medicine

- (a) To what extent is taping effective in preventing sports injuries? **8 marks**
- (b) Justify the rehabilitation procedures used to manage specific sporting injuries. **12 marks**

2013 EXAM

Question 31 — Sports Medicine

(a) How are skill and physical tests used to indicate an athlete's readiness to return to play after injury? **8 marks**

(b) Why are acclimatisation and fluid intake effective strategies for supporting the body's temperature regulation mechanisms? **12 marks**

2012 EXAM

Question 31 — Sports Medicine

a Explain the physical preparation needed by an athlete in order to prevent injury. **8**
In your answer, provide examples from different sports.

b How are the needs of adult and aged athletes with medical conditions addressed **12**
to enable their continued participation in sport?

2011- EXAM

Question 29 — Sports Medicine

(a) (i) Outline types of soft tissue injuries. **(3 marks)**

(ii) Describe the assessment procedure used to determine the nature and extent of a sports injury. **(5 marks)**

(b) Evaluate strategies athletes use in order to perform competitively in different climatic conditions. **(12 marks)**

2010 – EXAM

Question 29 — Sports Medicine

(a) (i) Outline how problems associated with iron deficiency and bone density can affect female participation in sport. **(3 marks)**

(ii) How does sports medicine address the medical conditions of children and young athletes? **(5 marks)**

(b) Evaluate how sports policy and the sport environment promote safe participation. **(12 marks)**

2009

Question 25 — Sports Medicine

(a) What are the signs, symptoms and management of hard tissue injuries?

4) marks)

b) An athlete is recovering from an ankle injury. Explain the factors the athlete needs to consider before returning to play. **(6 marks)**

(c) Analyse the role of physical preparation in enhancing the wellbeing of an athlete. **(10 marks)**

2008

Question 25 — Sports Medicine

(a) Outline features of the inflammatory response to a soft tissue injury. **(3 marks)**

(b) Explain the dangers associated with the use of anabolic steroids and Human Growth Hormone. **(5 marks)**

(c) Analyse the role that sports medicine plays in addressing the needs of children and young athletes. **(12 marks)**

2007

Question 25 — Sports Medicine

(a) Outline the impact pregnancy may have on female athletes' participation in sport. **(3 marks)**

(b) Describe the procedure for the immediate management of a sprained ankle. **(5 marks)**

(c) Analyse the injury management procedures necessary for an athlete who is recovering from a hamstring injury. **(12 marks)**

2006

Question 25 — Sports Medicine

(a) Clarify how the nature and extent of injuries are determined. **(5 marks)**

(b) Investigate the management of thermoregulation as a preventative action to enhance the wellbeing of athletes. **(15 marks)**

2005

Question 25 — Sports Medicine

(a) Outline the barriers to the use of protective equipment in sport. **(5 marks)**

(c) Critically analyse the ethical issues raised by the increased use of sportsmedicine for injury management. **(15 marks)**

2004

Question 25 — Sports Medicine (20 marks)

- (a) Describe the signs, symptoms and management of a dislocated joint. (5 marks)
- (b) Assess the effectiveness of protective equipment, taping and bandaging in enhancing the wellbeing of athletes. (15 marks)

2003

Question 25 — Sports Medicine (20 marks)

- (a) Explain how progressive mobilisation and the use of heat and cold can assist an injured athlete return to play. (8 marks)
- (b) Analyse why sports medicine has a focus on the specific demands of adult athletes, aged athletes and female athletes. (12 marks)

2002

Question 25 — Sports Medicine (20 marks)

- (a) Describe the impact of drug testing on sport. (5 marks)
- (b) Assess the ways in which sports policy and the sports environment promote the physical wellbeing of children and young athletes. (15 marks)

2001

Question 25 — Sports Medicine (20 marks)

- (a) Outline the differences between direct and indirect sports injuries. (3 marks)
- (b) Discuss the role that physical preparation plays in the prevention of sports injury. (5 marks)
- (c) Evaluate the policies and procedures that regulate when an athlete returns to play after injury. (12 marks)