

17/ Which of the following is the main benefit of adaptation in aerobic exercise?

- OA. Decreases mental stress
- OB. Decreases hypercholesterolemia
- OC. Enhances neuromuscular coordination
- OD. Increases efficiency of cardiovascular system

18/ A 56-year-old patient with an ejection fraction of 38%.

Blood pressure 110/80 mmHg

69 /min Heart rate

Which of the following is indicated by the clinical characteristics?

- OA. Left heart failure
- OB. Right heart failure
- OC. Myocardial infarction
- OD. Coronary artery insufficiency

19/ A 64-year-old patient presented with heart valves disorders. There was a blood return from the right ventricle back to the right atrium.

Which of the following valves is most likely responsible for prevention?

- OA. Mitral
- OB. Aortic
- OC. Tricuspid
- OD. Pulmonary

20/ Which of the following is the most likely cause of loss of consciousness following an electric shock?

- OA. Pain
- OB. Fright
- OC. Low heart rate
- OD. Low blood pressure

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29/ A 21-year-old football player complains of right ankle pain after an ankle sprain.

What is the type of sports injury accounts for most sprained ankles?

- OA. Eversion
- OB. Inversion
- OC. Dorsiflexion
- OD. Dorsiflexion and Inversion

30/ A 20-year-old athlete is complaining that his knee locks, and he has to move it around to unlock it.

Which of the following is the most likely cause for his knee lock?

- OA. Torn meniscus
- OB. Chondral Lesion
- OC. Patellar Subluxation
- OD. Quadriceps Tendonitis

31/ A 24-year-old runner complained of sudden onset of pain in the calf. Upon examination by the physical therapist at the same time of injury, calf muscles appeared to be intact, as did the hamstrings. The knee was stable and no tenderness was present over the knee ligaments. The therapist advised the patient to get some rest, after 2 days of rest, the symptoms disappeared and the patient has been able to run pain-free for the last year.

Which of the following is the most likely injury?

- OA. Shin splints
- OB. Achilles tendonitis
- OC. Rupture of plantaris muscle
- OD. Rupture of the deep portion of soleus muscle

32/ A 26-year-old athlete twists a knee during a practice session.

During the assessment, the physiotherapist performs the Lachman test to check the stability of which of the following?

- OA. Anterior cruciate ligament
- OB. Lateral collateral ligament
- OC. Medial collateral ligament
- OD. Posterior cruciate ligament