



## KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

**SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR  
OF SCIENCE (RECREATION AND LEISURE MANAGEMENT AND  
SPORTS SCIENCE)**

**SSS 300 : PREVENTION AND MANAGEMENT OF SPORTS INJURIES**

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**DATE: MONDAY 26<sup>TH</sup> MARCH 2012**

**TIME: 8.00 A.M. – 10.00 A.M.**

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**INSTRUCTIONS**

Answer question one (1) and any two others

Answer EACH question in a SEPARATE booklet

Full essay type answers required (NOT IN POINT FORM)

1. There are many factors that could predispose participants to injuries during exercise and sports. With the use of examples, elaborate on these factors and explain your strategies for dealing with them. (30 marks)
2. Using examples, discuss strength and flexibility as key factors in injury prevention and management. (20 marks)
3.
  - a) Discuss the use of strapping, taping and wrapping in sports injuries.
  - b) Suggest guidelines for wrapping a lateral ankle sprain. (20 marks)
4.
  - a) Evaluate mobilization in injuries.
  - b) Suggest a rehabilitation exercise programme of up to level two after surgery on the lower leg. (20 marks)
5. Analyse the aetiology, signs and symptoms, risk potential and management of the following:
  - i) Achilles tendonitis (6 marks)
  - ii) Plantar fasciitis (8 marks)
  - iii) Stress fracture in the foot (6 marks)