

**THE DIPLOMA IN SPORT AND EXERCISE MEDICINE
OF GREAT BRITAIN AND IRELAND**

Short Answer Paper

Monday 4 October 2004

Time: 1 hour

ALL questions to be answered

1. During the shot put, an athlete damages an ankle ligament. Describe the pathological processes leading to the healing. Sometimes healing does not take place normally. Describe the tissue changes in this scenario.
2. A 50-year-old man comes to see you in the surgery requesting a physical examination before commencing an exercise programme in his local gym. Outline how you would approach this gentleman, giving details of relevant history, examination and tests. Also indicate appropriate advice that you would give.
3. You have agreed to provide medical cover for a martial arts competition. Outline your strategy for this event.