

**UNIVERSITY OF BOLTON**  
**SCHOOL OF SPORT AND BIOLOGICAL SCIENCES**  
**SPORT REHABILITATION PATHWAY**  
**SEMESTER ONE EXAMINATIONS 2018/2019**  
**BACK TO SPORT**  
**MODULE NO. SRB6003**

Date: Monday 14 January 2019

Time: 10.00 am – 12.00 pm

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**INSTRUCTIONS TO CANDIDATES:**

There are FIVE questions on this paper.

Answer ALL FIVE questions.

Please answer all sections of each question.

There are 68 marks available on this paper.

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School of Sport and Biomedical Sciences  
Sport Rehabilitation Pathway  
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1. Explain how 'physical stress' can lead to mechanical injuries, using three practical examples.  
**(6 Marks)**
  
2. Describe the characteristics that plyometric training improves and provide a 6-stationed plyometric circuit for a rugby league team. Justify your inclusion of each exercise and explain the training session as a whole.  
**(20 Marks)**
  
3. When planning a resistance training program to improve structural tolerance, what acute training variables do we need to consider and why?  
**(7 Marks)**
  
4.
  - a. Define and discuss the term 'fascia', including its properties and behaviour.
  - b. Explain the process of 'fascial dysfunction', using a practical example.**(15 Marks)**
  
5. Devise a strength and conditioning programme aimed at improving the 'muscular endurance' performance of a Boxer who is in the final stages of recovering from a grade 2 triceps strain. The athlete is in the late stage of rehabilitation and has experienced no reactions thus far.
  - Provide 5 specific exercises / drills that best demonstrate the key components within such programmes.
  - Give an indication of the appropriate load, repetition, duration and frequency of each exercise. Providing justification for your exercises and the regime as a whole.**(20 Marks)**

**End of Questions**  
**Total Marks = 68**