

## THEORY AND PRACTICE OF ATHLETIC TRAINING

1. In your own words describe the prime requisites of a capable trainer. State also his duties and his proper relationship to the coach, the players of varsity teams and to the team or hospital physician.
2. Describe a sprain and how you would treat it from the time of the accident until you are able to put the player into the game again. Hydrotherapy, diathermy, massage, manipulation exercise and taping are to be covered in your dissertation.
3. Describe fully the predisposing and the exciting causes to a sprain and relate their contributing relationships and how they affect complete recovery of a sprain if one of them is absent.
4. Describe briefly the cranial, spinal and the autonomic nerves and state their functions.
5. What factors are concerned in the return circulation of the blood to the heart?
6. Describe the purpose of taping and also describe the necessary precautions and processes in preparing the field before and during the taping procedure of a sprained joint.
7. What is a sacro-iliac sprain? Describe manipulation for an anterior lesion. For a posterior lesion.
8. How would you elevate a depressed twelfth rib?
9. Describe health habits in correcting an obstinate case of constipation.
10. In case of a badly sprained ankle what attitude should the trainer take to insure the greatest possible protection to both the athlete and to the trainer?