

Avinashilingam Institute for Home Science and Higher Education for Women

Coinbatore-641043

15BXSP05 -Sports

Continuous Internal Assessment, Test V - October 2018

Semester V

Time : 2Hrs

Max. Marks: 60

Class : III UG
Major : All Majors

Part A

10 x 1 = 10

05 = 1 x 2

Circle the Correct Answer

1. Functions of body systems
 - a. Physiology b. Anatomy c. Kinesiology d. Biomechanics
2. Planes of Motion
 - a. 3 b. 5c. 1 d. 4
3. Administrative board of Inter University tournaments
 - a. SAI b. UGC c. AIU d. SDAT
4. First Aid for closed Injuries
 - a. Medication b. Water c. RICE d. No Ice
5. Newton's laws of motion
 - a.2 b.3 c.1 d. 4
6. How many stages in pranayama
 - a.7 b.6 c.4 d. 3
7. Meditation controls
 - a.Body b.Mind c. Body posture d. breath
8. Movements in knee joint
 - a.2 b.4 c. 7 d. 1
9. Centre of Gravity of the body
 - a. Navel b. Abdomen c. Chest d. Hip
10. The use of water as a means of treating injuries
 - a. Electrotherapy b. Massage c. Hydrotherapy d. All the above

05 = 01 x 5

26/11/2018

Part B

5 x 2 = 10

Answer the Following questions

11. Biomechanical Analysis of Walking
12. Movements around Elbow Joint
13. First aid for deep open wound
14. List out five numbers of Back Bending Asanas
15. Structural design to achieve Nationals

Part C

5 x 4 = 20

Answer should not exceed 200 words or one page

16. a. Physiology during exercise
or
b. Important muscles groups in human body .
 17. a. Systematic way to treat fracture
or
b. Systematic way to treat dislocation
 18. a. Suryanamaskar- Complete Stages with asanas and postures
or
b. Explain about Bandhas
 19. a. Types of Pranayamas.
or
b. Rehabilitation Exercises for knee injury
 20. a. Supporting athletes by Indian Ministry of Sports
or
b. Steps to reach olympics
- Part D
- Answer should not exceed 700 words or four pages.
21. a. Schedule one week exercise Programme for young Sedentary Women
or
b. Types of Physiotherapy.
22. a. List out 3 asanas in each type of Asanas with diagram and its importance
or
b. Develop your views for the development of sports through media with example.