Manimekalai

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12 B
Coimbatore-641 043, Tamil Nadu, India

Continuous Internal Assessment I - February 2023

VI Semester

Class : III UG **Time : 2 Hrs**

Major : Physical Education **Max. Marks: 60**

18BPEC26 Kinesiology and Biomechanics

Course Outcomes:

1. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.
2. Analyse and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.
3. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance.
4. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
5. Know effectiveness of human movement using mechanical principles.

Part A **6 x 1 = 6**

Choose the Correct Answer

1. Which muscle is involved in the elevation of arm? CO1 K2
a. Deltoid b. Biceps c. Triceps d. Quadriceps
2. Which of the following joint is example of gliding joint? CO2 K1
a. Axial joint b. Shoulder joint c. Carpal and wrist joint d. Elbow joint
3. The terms reset and motion are studied under CO1 K3
(a) Biochemistry (b) Anatomy (c) Biomechanics (d) None of the above.
4. The lateral curve of the spine is called as CO2 K3
a. Lordosis b.Kyphosis c. Scoliosis d. Flat Back
5. Which plane is called as Horizontal plane? CO2 K4
a. Sagital plane b. Frontal plane c. Lateral plane d. Transverse plane
6. Movements possible in condyloid joint are CO4 K2
a) Flexion and extension b) Circumduction only c)Flexion, extension abduction, addu-ction d) Flexion, extension, abduction addu-ction and circumduction.

Part – B

Answer the following

Answer in two pages or do not exceed 200 words **3X6=18**

7. a. Write about the History of Kinesiology CO3 K5

Or

b. Enumerate the types of motions CO2 K1

8. a. Draw a neat diagram and describe the movements of Spinal column. CO1 K2

Or

b. List out the movements possible in human body CO1K1

9.a. Briefly explain the type of planes with sports suitable examples CO3 K1

Or

b. Define the following: i. Velocity ii. Acceleration

Part – C

Answer the following

Answer in Four pages or do not exceed 700 words **3x12 = 36**

10.a. Describe the history of Kinesiology and Biomechanics CO1 K1

(or)

b. Explain the role and importance of Kinesiology in Physical Education CO2 K2

11 a) Write the types of joints and its movement possibilities with suitable diagrams? CO2 K1

(or)

b). Write about the Origin and Insertion and action of the following Muscles CO2 K3
i. Deltoid ii. Trapezius iii. Pectoralis Major

12. a) Draw and write the parts of upper and lower Limb bones CO3 K1

(or)

b) Write about the Origin and Insertion and action of the following Muscles CO3 K2
i) Supraspinatus ii) Flexi Carpi Radialis iii) Bicep