



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test -II April 2021

Semester VI

Class : III BSC
Major/Branch : Physical Education

Time : 2 Hours
Max. Marks: 30

18BPEC26 - Kinesiology and Biomechanics

1. To know the fundamental movement in sports.
2. To know the kinesiological principles of sports
3. To learn the biomechanical principles in sports

Part A

6 x 1 = 6

Choose the Correct Answer

1. The law of gravity is an example of a law of motion studied in the body of knowledge called CO1 K3
(a) Chemistry (b) Physics (c) Mechanics (d) All the above.
2. Which of the following is an example of uniaxial joint? CO2 K2
(a) Condyloid (b) Saddle (c) Hinge (d) Condyloid and saddle both.
3. An athlete covering 100 m distance in 10 seconds, ran at a speed of CO1 K3
(a) 10m/s (b) 100 m/s (c) 20 m/s (d) 1000 m/s.
4. In which type of lever, the weight is in between force and fulcrum? CO2 K4
(a) Type I (b) Type II (c) Type III (d) All the above.
5. In which type of lever, the force is in between weight and fulcrum? CO2 K3
(a) Type I (b) Type II (c) Type III (d) All the above.
6. The skeleton of thorax is made up of CO1 K2
(a) Cartilage (b) Bone (c) Both (a) and (b) (d) None of the above.

Part B

2 x 6= 12

Answer ANY TWO questions

Each answer should not exceed 400 words or two pages

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| 7.Enumerate the need and importance of Kinesiology in the field of physical education. | CO2 K3 |
| 8. Write the classification of Planes? | CO2 K2 |
| 9. List out the types of movement | CO1 K1 |
| 10. Define Synarthroses joint and write about its classification. | CO2 K1 |

Part C

1 x 12 = 12

Answer ANY ONE question

Each answer should not exceed 800 words or four pages.

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| 11. Explain the types Lever with suitable Mechanical and Sports examples | CO1 K2 |
| 12. Detail the structure of Spine and movement possibilities | CO2 K2 |