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 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment I March- 2022

IV Semester

Class II BPEd — Time 2 Hrs

Semester IV — Max Marks: 60

18 BPDC25 Kinesiology and Biomechanics

Course outcome

CO1. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.

CO2. Analyse and explain the mechanisms underlying biomechanical, physiological, and psychological changes that occur during after acute and chronic exercise.

CO3. Develop physical conditioning programs based on scientific principles designed to develop physical fitness and improve athletic performance.

CO4. Understand mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.

CO5. Know effectiveness of human movement using mechanical principles.

PART – A

Answer all the Question **6 x 1 = 6**

1. During abduction the arm moves CO1K2
a Towards the body b. Away from the body
c. In front of the chest d. Both a& b

2. Lordosis is also called CO2K2
a.Round back b Hollow Back c Lateral Back d. Back curve

3. Which of the following is responsible for limiting the range of movement of Joint? CO3K1
a. Tendons b. Ligaments c. Both a& b d. Muscle Fibers

4. Which plane is called as Horizontal plane? CO2K2
a. Sagital plane b. Frontal plane c. Lateral plane d. Transverse plan

5 Zygomatic bone is present in CO1K3
a. Upper Extremities b. Lower Extremities
c. Vertebral Column d. Skull

6 Which of the following is a joint of reciprocal innervations? CO2K1
a. Pivot Joint b.Saddle Joint c. Condyloid Joint d Hinge Joint

Part B

Answer ALL Questions 3x6= 18

Each Answer should not exceed 400 Words or Two Pages

7 a	Describe the history of Kinesiology and Biomechanics	COIK2
	OR	
b	Explain in detail about the Equilibrium and Line of Gravity	CO2K2
8 a	Explain about the axis and planes for movements	CO3K3
	OR	
b	Describe the Values of Good Posture	CO1K2
9 a	Explain about the Centre of Gravity	CO1K1
	OR	
b	Describe about the Reciprocal Innervation	CO2K2

PART C

Answer ALL Questions 3X12=36

Answer should not exceed 800 words or four pages

10 a	Briefly explain about the Fundamental movements in human body	CO1K4
	OR	
b	Define Posture and explain the types and its importance in detail	CO2K3
11 a	Explain the need and importance of Kinesiology and Biomechanics	COI K2
	OR	
b	Explain in detail about the different types of Muscular Contractions with example	CO2K3
12 a	Briefly explain about the Classification of joints with Diagram	CO2K2
	OR	
b	Write in detail about Classification of Muscles with Diagram	CO2K2

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35