



Mallinath

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 Test - March 2022 Semester VI

Class : III BSc

Time : 2 Hours

Major/Branch : 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

Choose the Correct Answer

5 x 1 = 5

1. An athlete covering 100 m distance in 10 seconds, ran at a speed of

CO1 K2

- (a) 10m/s (b) 100 m/s (c) 20 m/s (d) 1000 m/s.

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 rest, 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 kyphosis c. Scoliosis d. Flat Back

5. Which plane is called as Horizontal plane? CO2 K4

- a. Sagittal plane b. Frontal plane c. Lateral plane d. Transverse plane

6. During abduction the arm moves CO3 K3

- a) Towards the body b) Away from the body
c) In front of the chest d) None of the above.

Part - B

Answer the following

Answer in two pages or do not exceed 200 words

3X6=18

- 7 a. Write about the professional objectives of Kinesiology in Physical Education? Or CO2 K3
b. Write the history of Kinesiology

8 . a. Describe the freely movable joints Or CO1 K2

b. List out the movements possible in human body

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

b. Define the following: i. Axis ii. Planes

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 (Or) CO2 K1

b. Write the types of joints and its movement possibilities with suitable diagrams?

11.a. Explain the equilibrium and its implications in sports. (Or) CO2 K1

b. Write about the Origin and Insertion and action of the following Muscles

i. Trapezius ii. Pectoralis Major

12. a. Enumerate the types of Muscle Contraction CO3 K2

b. Describe the different Planes with examples

17 HL

30 (17)