

Avinashiligam Institute for Home Science and Higher Education for Women, Coimbatore

Continuous Internal Assessment Test I – February 2019

Class : III B.Sc  
Major : Physical Education

Time : 2 Hrs.  
Max Marks: 60

15BPEC26 – Kinesiology and Biomechanics

Part – A

Circle the Correct Answer

5X 1 = 5

1. An athlete covering 100 m distance in 10 seconds, ran at a speed of
  - (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?
  - a. Axial joint
  - b. Shoulder joint
  - c. Carpal and wrist joint
  - d. Elbow joint
3. The terms reset and motion are studied under
  - (a) Biochemistry
  - (b) Anatomy
  - (c) Biomechanics
  - (d) None of the above.
4. The lateral curve of the spine is called as
  - a. Lordosis
  - b. Kyphosis
  - c. Scoliosis
  - d. Flat Back
5. Which plane is called as Horizontal plane?
  - a. Sagittal plane
  - b. Frontal plane
  - c. Lateral plane
  - d. Transverse plane

Part – B

Answer the following in two or four lines

5 X 2 =10

6. Define Synarthroses
7. Meaning of Kinesiology
8. Define Passive Movements
9. Define Biomechanics
10. Meaning of Applied Kinesiology

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**Part - C**

**Answer the following**

Answer in two pages or do not exceed 200 words

3X5=15

11.a. Write about the professional objectives of Kinesiology in Physical Education?

Or

11. b. Enumerate the types of motions

12. a. Draw a neat diagram and describe the movements of Spinal column.

Or

12. b. List out the movements possible in human body

13.a. Briefly explain the type of planes with sports suitable examples

Or

13.b. Define the following:

i. Velocity

ii. Acceleration

**Part - D**

**Answer the following**

Answer in Four pages or do not exceed 700 words

2x15 = 30

14.a. Describe the history of Kinesiology and Biomechanics

Or

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

15.a. Explain the equilibrium and its implications in sports.

Or

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

i. Deltoid

ii. Triceps

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