



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 I –February 2020

IV Semester

Class: **II BPED**

Time: 2 hours
Max.marks: 60

Course Outcomes:

1. To know the physiology of human body
2. To understand the various physiological effects on human body during exercise
3. Helps to identify the types of contraction performed during the exercise

18BPDC25– Kinesiology and Biomechanics

Part – A

Circle the correct answer

5X1=5

1. The father of Kinesiology is ----- CO1 K1
a. Hippocrates b. Issac Newton c. Cladius Galen d. Aristotile
2. Kinesiology and Biomechanics used in the area of ----- CO2 K1
a. Physical therapy b. Training c. Rehabilitation d. All the above
3. A body without motion deteriorates and purifies like still water" viewed by CO2 K3
a. N.M. Ambodic b. Wells c. Shirley J.Winters d. Wates
4. A human body is a highly complex ----- constructed of living tissue and subject to CO2 K2
both biological and mechanical principles
a. Strong current of forceb. New power of control
c. Musculo skeletal machine d. Mechanical efficiency of machine
5. The perfect performance in any bodily activity directly depends upon -----CO2 K4
a. Muscular systemb. Entire body system
c. Circulatory system d. Nervous system

Part – B
Answer the following
Answer the following in one or two sentence

5 X 2 = 10

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|--|--------|
| 6. Define kinesiology | CO2 K1 |
| 7. Define Bio-mechanics | CO2 K1 |
| 8. What is meant by line of gravity? | CO3 K2 |
| 9. Write about all or none principle. | CO2 K4 |
| 10. What is meant by muscular contraction? | CO3 K5 |

Part – C
Answer the following
Answer should not exceed 200 words or one page

3 X 5 = 15

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|--|--------|
| 11. a) Write about the All or None principles and Reciprocal innervation | CO2 K3 |
| (Or) | |
| 11. b) Describe the history of Kinesiology | |
| 12. a) Describe about center and gravity. | CO2 K4 |
| (Or) | |
| 12. b) Write about equilibrium. | |
| 13. a) What is meant by axis and planes | CO3 K3 |
| (Or) | |
| 13. b) Write the classification of joints with diagram | |

Part – D
Answer the following
Answer should not exceed 1200 words or six pages

2 X 15 = 30

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|---|--------|
| 14. a) Explain in detail about the types of muscular contraction | CO3 K3 |
| (Or) | |
| 14. b) Write the different movements in the man body | |
| 15. a) Define posture and explain the different types and its importance. | CO2 K5 |
| (Or) | |
| 15. b) Describe the types and classification of muscles. | |