

**Avinashilingam Institute for Home Science and Higher Education for Women,
Coimbatore - 641 043.**

Continuous Internal Assessment – II – March 2019

15BPEC26 –Kinesiology and Biomechanics

Semester - VI

Class : III BSc

Max .Marks: 60

Major: Bachelor of Physical Education

Total hours: 2 hrs

Part – A

Circle the Correct Answer

5X 1 = 5

1. Which of the following is an example of uniaxial joint?
(a) Condylod (b) Saddle (c) Hinge (d) Condylod and saddle Both.
2. In which type of lever, the weight is in between force and fulcrum?
(a) Type I (b) Type II (c) Type III (d) All the above.
3. Study of bones is called
(a) Osteoporosis (b) osteoclast (c) otology (d) anthology.
4. During abduction the arm moves
(a) Towards the body (b) Away from the body
(c) In front of the chest (d) None of the above.
5. Force generation but fiber lengthening is also known as
(a) Eccentric contraction (b) Non concentric
(c) Isotonic contraction (d) Isometric contraction.

Part – B

Answer the following in two or four lines

5 X 2 =10

6. Define lever
7. Define Biomechanics
8. Define Motion
9. Define Equilibrium
10. Define Postural Deformities

Part – C

Answer the following

Answer in two pages or do not exceed 200 words

3X5=15

11.a. List out the movement possible around joints

Or

11.b. Enumerate the types of Postural Deformities

12.a. Explain about the air gravity with suitable sports examples

Or

12.b. Write about the types of Leavers?

Or

13.a. Explain Corrective exercise for postural deformities

Or

13.b. Explain water friction and implications in sports

Part – D

Answer the following

Answer in four pages or do not exceed 700 words

2x15 = 30

14.a. What is Equilibrium and give suitable sports and mechanical examples?

Or

14.b. Describe the different types of muscular contraction

15.a. Enumerate the types of lever with suitable sports and mechanical examples

Or

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

i. Hamstring

ii. Sartorius