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 II – April 2023
IV SEMESTER

Class : II B.P.Ed **Time: 2 hours**
Major : Physical Education **Maximum Marks: 60**

21BPDC25 Kinesiology and Biomechanics

Course Outcomes:

At the end of the course, students will:

1. Identify biomechanical, health, physiological and psychological limitations to and interventionsfor improving physical performance
2. Analyze and explain the mechanisms underlying biomechanical, physiological andpsychological 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 the risk of injury.
5. Know effectiveness of human movement using mechanical principles.

Part-A **6x1=6**
Choose the correct answer

1. The path of an object projected into free air space is known as CO1K3
   a. Speed b. Abnormal curve c. Velocity d. Parabola
2. Boxers muscles are CO2K2
   a. Trapezius b. Sterno cliedo mastoid c. Abdominal d. Deltoid
3. Which type of lever is most effective in sports movements CO2K1
   a. Third class b. Second class c. First class d. Fourth class
4. A forward upward movement of the foot at the ankle joint is CO2K2
   a. Planter flexion b. Dorsi flexion c. Inversion d. Eversion
5. Which of Newton's law of motion deals with acceleration CO2K3
   a. First b. second c. Third d. Fourth
6. Sports biomechanics can be described as CO2K2
   a. Mechanics of sports b. Kinesiology c. Physics of sports d. Sports dynamics

Part- B **3x6=18**
Answer ALL Questions
Each answer should not exceed 400 words or two pages

7.a. Define force and explain its types CO1K2

(or)

7. b. Write about levers and explain its types CO1K3
8.a. Briefly explain about the factors influencing projectiles CO2K2

(or)

8.b. Describe the Newton's law of Motion CO2K3
9.a .Elaborate the Reciprocal Innervation CO1K2

(or)

9.b. Write about angular kinetics CO2K3

Part-C **3x12=36**
Answer ALL questions
Each answer should not exceed 800 words or four pages

10.a. Explain about the linear kinematics CO2K1

(or)

10. b. Elaborate the mechanical principles involved in any two throwing events CO2K3
11 a. Write about linear kinetics CO2K1

(or)

11. b. Describe the mechanical principles involved in Basket ball CO2K3
12.a. Elaborate the Angular Kinematics CO2K4

(or)

12b Explain the mechanical principles involved in anyone game/event of your choice CO2K1

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