



Murugan

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
VI SEMESTER

Class : III BSc
Major : Physical Education

Time: 2 hours
Maximum Marks: 60

18BPEC26 Kinesiology and Biomechanics

Course outcome

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

Answer all the Question

6 x 1 =6

1. Muscles which cause the joints to bend are called
a. Flexors b. Extensors c. Abductors d. Adductors
CO1K2
2. Lever system prevalent in human arm is
a. Class III b. Class II c. Class I d. Class I&II
CO2K2
3. In isometric contraction the muscle
a. Shortens b. Lengthens c. Neither shortens nor lengthens d. Shortens as well as lengthens
CO3K1
4. The branch of mechanics that describes the cause of force is
a. Kinetics b. Kinematics c. Biomechanics d. Fluid Mechanics
CO2K2
5. At the time of release of discus
a. Centripetal force is more than centrifugal force
b. Centrifugal force is more than centripetal force
c. Centripetal and Centrifugal forces becomes zero
d. Centripetal force and centrifugal force is high
CO1K3
6. Hunch back is also known as
a. Back pain b. Scoliosis c. Lordosis d. Kyphosis
CO2K1

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Describe in detail about the Newtons law of motion
(Or)
CO1K2
7. b. Define Levers and explain its types with examples
CO2K1
8. a. Describe the factors influencing projectiles in sports
(Or)
CO3K3
8. b. Explain in detail about the linear kinematics
CO4K2
9. a. Brief - Air gravity
(Or)
CO1K2
9. b. Brief – Water friction
CO3K5

Part-C
Answer ALL questions

3x12=36

Each answer should not exceed 800 words or four pages

Answer should not exceed 800 words or four pages

- 10.a. Briefly explain about the types of muscular contractions CO1K4
(Or)
- 10 b. Explain the biomechanical principles in different games and sports CO3K5
- 11.a. Types of Muscle Contraction CO2K3
(Or)
- 11.b. Explain the types of motion CO3K4
12. a.Elaborate the Gait Analysis Techniques CO1K3
(Or)
- 12.b.Enumerate few Bio mechanical Principles in your sport and games

No. of Copies : 30

Staff in-charge: Dr. M. Mary Glory Ponrani