

Part C

Each answer should not exceed 800 words or two pages

3x12=36

- 10 (a). Briefly explain about the fundamental movements in joints. CO3K1
(or)
10.(b). Write about axis and planes for body motion. CO3K3
11.(a). Write about the types and importance of good posture. CO2K4
(or)
11.(b). Describe about the different types of muscular contraction. CO2K4
12.(a). Write about equilibrium and its types. CO2K3
(or)
12.(b). Explain the importance of biomechanics in Physical Education CO2K3

No of copies : 50

Staff In Charge : Dr. T.Shanmugavlli