



Murugesu

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 12 B
Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination – May 2022
VI Semester**

**Class : III UG
Major : Physical Education**

**Time: 3 hours
Max. Marks: 100**

18BPEC26 Kinesiology and Biomechanics

**PART A
Choose the Correct Answer**

10 x 1 = 10

1. A study of kinesiology is
a. Human Movement
c. Speed
b. Force
d. Motion
CO1 K2
2. The other name for synovial joint is
a. ampiarthrosis
c. diarthrosis
b. sinarthrosis
d. All the Above
CO2 K4
3. Infraspinatus fossa of the scapula is toward its
a. vertebral margin
c. vertebral groove
b. vertebral centre
d. axillary groove
CO3 K5
4. The anterior inferior iliac spine is
a. Femoris
c. Deltoid
b. Triceps
d. Biceps
CO2 K6
5. Flexion and Extension movements usually occur in
a. Plane
c. Contraction
b. Axis
d. None
CO3 K3
6. The muscle action taking place with normal contraction is called as
a. Isometric
c. Isokinetic
b. Isotonic
d. Displacement
CO4 K5
7. The branch of physics involving analysis of the actions of forces is
a. Kinesiology
c. Friction
b. Biomechanics
d. Levers
CO2 K1
8. A state in which opposing forces or influences are balanced is
a. Equilibrium
c. Acceleration
b. Force
d. Velocity
CO2 K4
9. In physical education, the study of exercise and analysis of muscular movement is
a. kinesiology
c. biomechanics
b. laws of motion
d. All the above
CO3 K2
10. The velocity, speed and force applied and analyzed in
a. biomechanics
c. psychology
b. kinesiology
d. sociology
CO3 K2

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Explain the role of Kinesiology in physical education. CO1 K2
(or)
11.b. Describe about body movement. CO1 K1
- 12.a. Explain the origin and insertion of gluteus maximus muscle . CO2 K2
(or)
12.b. Write about trapezius muscles and its function. CO2 K1
- 13.a. Explain about isometric and isokinetic contraction with example. CO3 K4
(or)
13.b. Explain about Axis and Plane with example. CO3 K4
- 14.a. Explain the types of motion. CO4 K2
(or)
14.b. Describe about the mechanical principles of laws of motion. CO4 K1
- 15.a. Elaborate the movement analysis of walking. CO5 K3
(or)
15.b. Explain the tools for measuring kinetic quantities. CO5 K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Analyze the classification of synovial joints and its movements. CO1 K4
(or)
16.b. Illustrate the need and importance of Kinesiology in physical education. CO1 K2
- 17.a. Draw a neat diagram of Triceps and Biceps muscles with origin, insertion and actions. CO2 K4
(or)
17.b. Draw a neat diagram of deltoid muscles with origin, insertion and actions. CO2 K2
- 18.a. Elaborate muscular designing and kinesiological grouping. CO3 K5
(or)
18.b. Explain about the muscular contraction and its involvement during exercise. CO3 K5
- 19.a. Write short notes on (i) Friction (ii) Force (iii) Equilibrium CO4 K2
(iv) fulcrum (v) weight
(or)
19.b. Illustrate the factors influencing motion. CO4 K2
- 20.a. Explain about gait analysis, with suitable diagram. CO5 K2
(or)
20.b. Facilitate the application and analysis of techniques of your own games. CO5 K6
