



Mavin

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

Continuous Internal Assessment Test II – April 2022

Semester VI

Class : III BSc

Time : 2 Hours

Major/Branch : Physical Education

Max. Marks: 60

18BPEC26– Kinesiology and Biomechanics

Course Outcomes:

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

Choose the Correct Answer

5 x 1 = 5

1. Lordosis is also called
a. Round back b. Hollow Back c. Lateral Back d. Back curve CO2K2
2. Which of the following is responsible for limiting the range of movement of Joint?
a. Tendons b. Ligaments c. Both a& b d. Muscle Fibers CO3K1
3. Which plane is called as Horizontal plane?
a. Sagittal plane b. Frontal plane c. Lateral plane d. Transverse plan CO2K2
4. 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. CO2 K4
5. The law of gravity is an example of a law of motion studied in the body of knowledge called
(a) Chemistry (b) Physics (c) Mechanics (d) All the above. CO1K3
6. Which of the following is an example of uniaxial joint?
(a) Condyloid (b) Saddle (c) Hinge (d) Condyloid and saddle both. CO2 K2

Part – B

Answer the following

Answer in two pages or do not exceed 200 words

3X6=18

7. a. Enumerate the need and importance of Kinesiology in the field of physical education. CO2 K3
b. Write the classification of Axis? CO2 K2
8. a. List out the types of movement CO1 K1
b. Define Synarthroses joint and write about its classification. CO2 K1
9. a. Define Gait and write about Gait analysis CO3 K2
b. Enumerate the factors influencing Motion CO5 K4

Part – C

Answer the following

Answer in Four pages or do not exceed 700 words

3x12 = 36

10. a. Explain the types Lever with suitable Mechanical and Sports examples CO1 K2
b. Detail the structure of Spine and movement possibilities CO2 K2
11. a. Enumerate the types of Planes with examples CO3 K2
b. Detail the mechanical principles in Biomechanics CO3 K4
12. a. Elaborate the Biomechanical principles involved in motor activities CO4 K3
b. Explain the types of Motion CO2 K1