

*Avinashligam Institute for Home Science and Higher Education for Women*

Coimbatore – 641 043

Continuous Internal Assessment Test I – February 2019

Semester –IV

Class : II BPED

Time : 2 Hrs.

Major : Physical Education

Max Marks: 60

**15BPDDC25 –Kinesiology and Biomechanics**

PART – A

Circle the Correct Answer

5 x 1 = 5

1. An example of hinge joint is----  
a. Shoulder Joint      b. Wrist Joint      c. Elbow Joint      d. Hip Joint
2. Kinesiology & Biomechanics used in the area of ----  
a. Physical Therapy      b. Training      c. Rehabilitation      d. All the Above
3. Movements of the scapula is  
a. Flexion and extension      b. Abduction and adduction  
c. Circumduction      d. Pronation and supination
4. The shape of Fusi form muscle is ----  
a. Spindle      b. Feather      c. Round      d. Triangular
5. Abduction Movement takes place the ---  
a. Away from the Midline      b. Towards the Midline      c. Centre of the Midline      d. None

PART – B

Answer the Following in One or Two Sentences    5 X 2 = 10

6. Define Kinesiology
7. Define Biomechanics
8. What is all or none principle?
9. Define Reciprocal Innervations
10. Meaning of Line of Gravity

PART - C

Answer the Following

Answer should not Exceed 200 Words or One Page

3 X 5 = 15

11. a. Write about equilibrium?

Or

11. b. Enumerate the importance of Kinesiology and Biomechanics

12. a. Write about Axis and Planes?

Or

12. b. Explain Centre of Gravity

13. a. Write the classification of Joints ?

Or

13. b. Enumerate the Angle of Pull

PART - D

Answer the Following

Answer should not Exceed 700 Words or Four Pages

2X 15 = 30

14. a. Explain in details about the types of Muscular Contraction

Or

14. b. Explain the History of Kinesiology and Biomechanics

15. a. Write the different Movements in the Human Body?

Or

15. b. Explain the types of posture and importance of good Posture .

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