

20BP31

(Pages: 2)

Name:

Reg. No:

THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2023

(Regular/Supplementary/Improvement)

CC15U BPE3 T12 / CC19U BPE3 T12 – KINESIOLOGY

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

Answer any *three* questions from **Part –A**.
Any *one* question from **Part-B**. Question from **Part C** is Compulsory.

PART A

1. Define kinesiology. Explain the significance of learning kinesiology in physical education with suitable examples.

(1 × 15 = 15 Marks)
2. Describe the following:
 - a. Movements at hip joint.
 - a. Stretch reflex.
 - b. Types of muscular contractions.

(3 × 5 = 15 Marks)
3. Briefly explain the following:
 - a. Chemical composition of muscle.
 - b. Fundamental and anatomical positions.
 - c. Attachments and actions of gastrocnemius.

(3 × 5 = 15 Marks)
4. Write short notes on the following:
 - a. Muscles and Movements at elbow joint.
 - b. Attachment and actions of rhomboids.
 - c. Reciprocal innervations and inhibition.

(3 × 5 = 15 Marks)
5. Define joint. Explain the characteristics of shoulder joints by elaborating various musculoskeletal attachments and actions with the help of a neat diagram.

(1 × 15 = 15 Marks)

PART B

6. Explain the structural and functional classification of muscles with the help of a neat diagram.

(1 × 15 = 15 Marks)

7. Briefly explain the followings:

- a. Attachment and actions of biceps brachii.
- b. Location and actions of pectorilis major.
- c. Attachment and actions of Sartorius.

(3 × 5 = 15 Marks)

PART C

8. Write short notes on any *five* of the following:

- a. Axis.
- b. Antagonistic muscles.
- c. Trapezius.
- d. Movements at ankle joints.
- e. Twitch.
- f. Latent period.
- g. Soleus.
- h. All or none law.

(5 × 3 = 15 Marks)
