

**21BP31**

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Name: .....

Reg. No: .....

**THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2024**

(Regular/Supplementary/Improvement)

**CC15U BPE3 T12 / CC19U BPE3 T12 – KINESIOLOGY**

(2015 Admissions 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. Discuss the difference between isometric and isotonic muscle contractions. Provide examples of daily activities or sports where each type of contraction is prominently utilized.

**(1 × 15 = 15 Marks)**

2. Briefly explain the following:

- a) Stretch reflex.
- b) Planes and axis.
- c) Latissimus dorsi.

**(3 × 5 = 15 Marks)**

3. Briefly explain the following:

- a) Types of synovial joints.
- b) Role of kinesiology in Sports.
- c) Muscles responsible for elbow flexion.

**(3 × 5 = 15 Marks)**

4. Briefly explain the following:

- a) All or None law.
- b) Hamstring.
- c) Characteristics of the knee joint.

**(3 × 5 = 15 Marks)**

5. Distinguish the muscle according to its fiber architecture.

**(1 × 15 = 15 Marks)**

**Part –B**

6. Describe the structure of the shoulder joint and discuss the role of the muscles involved in shoulder movements.

**(1 × 15 = 15 Marks)**

7. Briefly explain the following:
- a) Quadriceps.
  - b) Properties of skeletal muscles.
  - c) Agonist and antagonist.

**(3 × 5 = 15 Marks)**

**Part –C**

8. Write Short notes on any *five* of the following:
- a) Serratus Anterior.
  - b) Dorsi flexion and plantar flexion.
  - c) Origin and Insertion of muscles.
  - d) Triceps brachii.
  - e) Exercises to develop gluteal muscles.
  - f) Supination and pronation.
  - g) Sartorius.
  - h) Muscles responsible for hip adduction.

**(5 × 3 = 15 Marks)**

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