19BP31 (Pages: 2) Name: ……………………

Reg. No: …………………

THIRD YEAR B.P.Ed. DEGREE EXAMINATION, APRIL 2022

(Regular/Supplementary/Improvement)

CC15U 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.** Questions from **Part C** is Compulsory.

Part - A

1. Define Kinesiology and briefly explain the role of kinesiology in Motor Skill learning.

(1 × 15 = 15 Marks)

2. Briefly explain the following:

    a. Fundamental and anatomical position.

    b. Exercise program to develop gluteus group of muscle.

    c. Structural classification of muscles.

(3 × 5 = 15 Marks)

3. Briefly explain the following:

    a. Reciprocal innervations and inhibition.

    b. Exercise program to develop Biceps and Triceps muscles.

    c. Gradation of Muscle contraction.

(3 × 5 = 15 Marks)

4. Briefly explain the following:

    a. Exercise program to develop abductor (groin) muscles.

    b. Reciprocal innervations and inhibition.

    c. Muscle analysis of running.

(3 × 5 = 15 Marks)

5. Explain Location, attachments, and actions of muscles acting on shoulder joint.

(1 × 15 = 15 Marks)

Part - B

6. Explain the muscle involved and movement of muscle in Hip flexion.

(1 × 15 = 15 Marks)

7. a. Structure and function of Knee joint.

   b. Origin, Insertion and action of achilles tendon.

   c. Structure of Skeletal Muscle.

(3 × 5 = 15 Marks)

Part - C

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

   a. Fundamental joint movements.

   b. Levers.

   c. Functional classification of muscles.

   d. Gastrocnemius.

   e. Plane and axes of motion.

   f. Origin and Insertion of muscles.

   g. Stretch reflex

   h. Muscle tone

(5 × 3 = 15 Marks)

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