

22BP31

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Name:

Reg. No:

THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2025

(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. Briefly Explain Meaning definition and role of kinesiology in Physical Education and Sports.

(1 × 15 = 15 Marks)

Briefly explain the following:

2. a. Types of Muscles
b. Fundamental joint Movements.
c. Articulation of Knee Joint and movements around the joint.
(3 × 5 = 15 Marks)
3. a. Types of muscle contraction with suitable examples.
b. Explain the concept of Reciprocal innervations and inhibition.
c. Articulation of Radio Ulnar joint and explain the movements around the joint.
(3 × 5 = 15 Marks)
4. a. Differentiate Fundamental and Anatomical Position.
b. What do you mean by Gradation of muscle contraction.
c. Explain the terminology of muscular attachments.
(3 × 5 = 15 Marks)
5. Explain in detail Planes and Axis of motion with suitable examples in sports.
(1 × 15 = 15 Marks)

Part-B

6. Narrate Hip joint in detail and explain the movements around hip joint with muscles involved in each movement.
(1 × 15 = 15 Marks)
7. a. Write in detail about structural classification of muscles.
b. Describe Shoulder girdle and explain its movements in detail.

c. Explain Types of joints in detail.

(3 × 5 = 15 Marks)

Part-C

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

- a. Stretch reflex.
- b. Hamstrings.
- c. Latissmus dorsi.
- d. All or none law.
- e. Horizontal abduction.
- f. Hyper Flexion.
- g. Quadriiceps.
- h. Muscle hypertrophy.

(5 × 3 = 15 Marks)
