

18BP31

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Name:

Reg. No:

THIRD YEAR B.P.Ed. DEGREE EXAMINATION, APRIL 2021

BPE3 T12 - KINESIOLOGY

(2015 Admissions - Regular)

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. Explain the Structure and function of Knee joint.

(1 × 15 = 15 Marks)
2. Briefly explain the following:
 - a. Fundamental and anatomical position.
 - b. Functions of muscles, tendons and ligament.
 - c. Fundamental joint movements.

(3 × 5 = 15 Marks)
3. a. Stretch reflex.
b. Gradation of muscle contraction.
c. Levator Scapulae.

(3 × 5 = 15 Marks)
4. a. Deltoid Muscle.
b. Explain agonist and antagonist muscle and its movement in the elbow flexion.
c. Quadriceps group of muscles.

(3 × 5 = 15 Marks)
5. Define Kinesiology and briefly explain the role of Kinesiology for enhancing sports performance.

(1 × 15 = 15 Marks)

Part - B

6. Explain the Structural and functional classification of muscles.

(1 × 15 = 15 Marks)
7. a. Exercise programme to develop shoulder muscles.
b. Biceps Femoris
c. Reciprocal innervations and inhibition

(3 × 5 = 15 Marks)

Part - C

8. Write short notes on any *five* of the following:
- a. Brachioradialis.
 - b. Explain plane and axes with the help of suitable examples.
 - c. Achilles Tendon.
 - d. Elevation and depression.
 - e. Levers.
 - f. Origin, insertion and actions of Pectoralis major.
 - g. Origin, insertion and actions of soleus.
 - h. All or none law.

(5 × 3 = 15 Marks)
