

16BP31

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Name.....

Reg. No.....

THIRD YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATION, APRIL 2019

(Regular/Improvement/Supplementary)

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.** Question from **Part C** is Compulsory.

Part - A

1. Define Kinesiology and briefly explain the role of kinesiology in Physical Education and Sports.

(1 x 15 = 15 Marks)

Briefly explain the following:

2. a. Fundamental and anatomical position.
b. Planes and axis.
c. Types of Muscle contractions.

(3 x 5 = 15 Marks)

3. a. All or none law.
b. Chemical composition of muscle.
c. Muscle tone.

(3 x 5 = 15 Marks)

4. a. Reciprocal innervations and Inhibition.
b. Pronation and Elevation
c. Muscle analysis of walking.

(3 x 5 = 15 Marks)

5. Define origin, insertion and action of muscles.

(1 x 15 = 15 Marks)

Part - B

6. Explain the structure and type of joints in the body and their movements.

(1 x 15 = 15 Marks)

7. a. Origin, Insertion and action of Biceps brachii.
b. Structure and function of Knee joint.
c. List down the fundamental movements.

(3 x 5 = 15 Marks)

Part – C

8. Write Short notes on any *five* of the following:
- a. Posture.
 - b. Levers.
 - c. Trapezious.
 - d. Gastrocnemius.
 - e. Achilles Tendon.
 - f. Origin and Insertion of muscles.
 - g. Functions of Muscles.
 - h. Exercise program to develop Thigh and Calf muscles.

(5 x 3 = 15 Marks)
