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CC 402

IV Semester B.P.Ed. Degree Examination, September 2022
Physical Education
(New Syllabus)
KINESIOLOGY AND BIOMECHANICS

Time : 3 Hours

Max. Marks : 70

Instructions : 1) Answer **all** questions.
2) **Each** answer shall **not** exceed **six** pages.

1. a) Explain the terminologies related to fundamental movements with suitable examples. **15**

OR

- b) Describe the concepts of 'Centre of Gravity', 'Equilibrium' and 'Axes and Planes'.

2. a) Classify muscles in human body and give an account of different muscle contractions. **15**

OR

- b) Why is maintaining good posture important ? Explain.

3. a) What is a projectile ? Explain the factors influencing projectile trajectory. **15**

OR

- b) Explain the different types of force and their application to sports activities.

4. a) Explain the following : **15**

- a) Angular displacement
b) Velocity
c) Acceleration.

OR

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b) Explain the following :

- a) Friction
- b) Stability
- c) Momentum.

5. Write short notes on **any two** of the following :

(5×2=10)

- a) Sports biomechanics
 - b) Reciprocal innovation
 - c) Laws of motion
 - d) Angular kinetics.
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