

PAPER II – Sports Biomechanics and Kinesiology

Time: 3 Hours

Max.Marks:75

(No additional sheet will be supplied)

PART – A (5 x 5 = 25 marks)

Answer any FIVE Questions.

Each question carries 5 marks

Each answer should not exceed 2 pages.

1. Importance of kinesiology in physical education?
2. Kinematics and kinetics?
3. List of muscles around shoulders?
4. Linear motion?
5. Principles of projectiles?
6. Define force and explain its types?
7. Kinetic energy?
8. Quantitative analysis?

PART – B (5 x10= 50 marks)

Answer all Questions.

Each question carries 10 marks

Each answer should not exceed 5 pages

9. Discuss the importance of sports biomechanics?
(Or)
10. Define gravity and discuss about the role of center of gravity in improving the sports performance?
11. Explain origin, insertion and action of muscles around knee joint?
(Or)
12. (a) List of movement around various joints?
(b) List down the muscles around knee joint?
13. What is motion? Explain the types of motion with suitable examples?
(Or)
14. Explain various factors influencing equilibrium?
15. Define lever? Explain the different types of lever with suitable examples?
(Or)
16. Define projectile? Explain principles?
17. Explain the different types of analysis of movement?
(Or)
18. Explain the different methods of analysis?

