

B.P.Ed. Semester-II Examination, 2015

Physical Education

Course : BPED - 126

(Kinesiology)

Time : Three Hours

Full Marks : 40

Questions are of value as indicated in the margin.

Answer one question from each unit.

Unit - I

1. Define kinesiology "Kinesiology is important for human activity including sports" - Discuss 2+6=8

OR

Draw the relationship of kinesiology with Biomechanics of sports and Anatomy and physiology. 8

Unit-II

2. Describe about synovial joint with examples. 8

OR

Name the muscles of the shoulder joint and write their actions. 4+4=8

Unit-III

3. Define force. What SI unit of force? Describe the function of force in sports. 2+2+4=8

OR

What do you understand by principles of lever? Exemplify different types of lever from human body with diagram. 2+6=8

Unit-IV

4. Mechanically analyze **any one** of the following : 8
(i) Walking (ii) Running

OR

Describe the mechanical principles involved in Throwing Javelin 8

Unit-V

5. Describe the application of knowledge of kinesiology in any two of the following daily life skills 4+4=8
(i) Carrying object (ii) Lifting weight

OR

How will you apply the knowledge of Kinesiology while ascending and descending.
