

B.A./B.Sc. (Honours) Semester-V Examination 2014

Physical Education

Course : BABSCH-352

(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. What is kinesiology? Discuss the objectives of kinesiology. 2+6=8

OR

Write down the role of kinesiology in Physical Education. 8

UNIT - II

2. Discuss with Diagram the axes and planes of the human body. What is centre of gravity? 6+2=8

Or

Classify muscles of the human body and discuss different types of muscular contraction. 4+4=8

UNIT - III

3. What do you understand by two-joint muscles? Give example. Write down the All or None law of muscular contraction. 2+2+4=8

Or

Write the names of the muscles of the hip joint with their respective actions. 4+4=8

UNIT - IV

4. What is force? Describe the principles of application of force. 2+6=8

Or

What is equilibrium? Write down the factors that affect stability. 2+6=8

UNIT - V

5. Define lever. Discuss different types of human lever. 2+6=8

Or

Explain how the knowledge of kinesiology is applied in our daily living. 8
