

**B.A./B.Sc. (Honours) Examination, 2016**  
**Semester-V**  
**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. Write the meaning of Kinesiology. Discuss the implications Kinesiological principles in Physical Education and Sports. 2+6=8

or

2. Define kinesiology. Explain the aims and objectives of kinesiology 2+6=8

**Unit-II**

3. Classify human joints and describe their characteristics. Mention different type of muscular contractions and describe them with examples. 2+2+4=8

or

4. Define Axes and Planes. Describe Axes and Planes with reference to the movement. 2+6=8

**Unit-III**

5. Briefly describe the different roles of human muscles. 8

or

6. Write the movements of shoulder joints with the names of the muscles around it. 8

**Unit-IV**

7. Write a detail note on different types of Motion with examples. 8

or

8. What is a force? Explain the function of force in sports with examples from the sports movements. 2+6=8

**Unit-V**

9. Define Lever. Exemplify different types of lever from the human body with reference to the sports movements. 2+6=8

or

10. Discuss the application of kinesiological Principles in our daily living skills. 8

-----