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বিভাগ - C

৭) যেকোনো দশটি প্রশ্নের উত্তর দাও (তোমার উত্তরের পাশে টিক দাও)

ইংরাজি অনুবাদগুলি অনুসরণ কর : $১ \times ১০ = ১০$

Ex/PHY.EDN/UG/CC-402/2019

BACHELOR OF PHYSICAL EDUCATION EXAMINATION, 2019

(2nd Year, 4th Semester)

KINESIOLOGY AND BIOMECHANICS

COURSE CODE - CC-402

Time : Three hours

Full marks : 70

GROUP - A

Answer *any three* questions : $15 \times 3 = 45$

1. What do mean by kinesiology and sport biomechanics ?
Write down the importance of Sports Biomechanics in enhancing sport performance. Briefly explain the following terms : statics, Centre of gravity, scakar quantity. $4+5+6$
2. Define Joint. Classify joints with example. Write down the various movements around the joints. $2+6+7$
3. Define motion. Explain various types of motion with the example of suitable sports activities. Write down the principles of projectile motion. $2+9+4$
4. What so you mean by kinetics and kinematics ? Explain about the following kinematic and kinetic parameters a) Distance, b) velocity, c) acceleration d) angular speed e) Momentum $5+10$

[Turn over

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5. Explain the importance of good posture in performing economic movements. Describe the various planes and axes of body movements. 10+5

GROUP - B

6. Write short notes on *any two* of the following : $7.5 \times 2 = 15$
- a) Stability and Equilibrium
 - b) Muscle contractions
 - c) Body lever
 - d) Friction
 - e) Projectile motion

GROUP - C

7. Answer any ten questions (put a tick against your answer) : $1 \times 10 = 10$
- 1. Study of Joints is called
 - A) Kinesiology
 - B) Biology
 - C) Anthropometry
 - D) Anthology
 - 2. Gluteus Maximus muscle is situated in :
 - A) Thigh
 - B) Arms
 - C) Lower leg
 - D) Hip
 - 3. A body whose speed is constant
 - A) Must be accelerated
 - B) Might be accelerated

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- C) Has a constant velocity
 - D) Cannot be accelerated
4. Amphiarthrosis as :
 - A) Freely movable joint
 - B) Slightly movable joint
 - C) Immoveable joint
 - D) Synovial joint
5. The movement called planter flexion occurs only at the :
 - A) Knee
 - B) Shoulder
 - C) Ankle
 - D) Hip
6. In long Jump approach run is taken for
 - A) Momentum
 - B) Torque
 - C) Friction
 - D) Speed
7. Force acts on an object may change
 - A) Direction
 - B) Speed
 - C) Shape
 - D) All of the above
8. What is the SI unit if work ?
 - A) Erg
 - B) G-cm
 - C) Joule
 - D) Watt
9. Range of projectile is
 - A) The Vertical distance covered by a projectile
 - B) Path of an object falling vertically down
 - C) The Horizontal distance covered by a projectile

