

2015

M.A.

3rd Semester Examination

PHYSICAL EDUCATION

PAPER — PED-304

Full Marks : 40

Time : 2 Hours

The figures in the right-hand margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

Illustrate the answers wherever necessary.

Answer one question from each Unit.

Unit - 1

1. How objectives of Kinesiology fulfill the aim of Physical Education and Competitive Sports? Describe the anatomical structure of Ball & Socket Joints of human body and explain the movements performed by the joints. 4+6
2. Describe the relationship of Human Physiology, Anatomy and Kinetics with Kinesiology. Describe the anatomical structure of any one of the following joints of human body and explain with example of muscular involvements during movements performed by the joints.
 - (a) Ball and Socket joint
 - (b) Saddle Joint. 4+6

(Turn Over)

Unit - 2

3. Name the muscles of anterior and posterior groups of shoulder joint and elbow joint. Describe their action in different movements. 6+4
4. Name the muscles of lateral and medial groups of Hip Joint, and anterior and posterior groups of Knee Joint. State their origin and insertion of Hip or Knee Joint. 5+5

Unit - 3

5. What do you mean by skillful motion? Describe the principles of receiving impetus. Explain the mechanical principles involved in standing erect posture. 3+3+4
6. What are the components of a skill? Describe the principles of giving impetus. Describe the normal gait pattern of a female human being. 3+3+4

Unit - 4

7. What do you mean by fundamental movements? Briefly describe the mechanical principles involved in hill climbing. Explain the laws of Bouney. 3+4+3
 8. Explain the statement that "all sport skills are the manipulation of man's fundamental movements". Briefly discuss about the mechanical principles involved in descending stair. How eddis plays a significant role in swimming. 3+4+3
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