

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0222]

**FEBRUARY 2022
(OCTOBER 2021 EXAM SESSION)**

Sub. Code: 3902

**POST GRADUATE DIPLOMA IN BIOMECHANICS AND KINESIOLOGY IN SPORTS AND FITNESS
(From 2018-2019 onwards)
PAPER II – KINESIOLOGY
*Q.P. Code : 363902***

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Types of muscle contraction with anatomy and physiology. Give a brief note on stabilizing and mobilizing functions of a muscle.
2. Explain the biomechanics and Pathomechanics of pinch and grasp hold.

II. Write Short Notes on:

(10x6 = 60)

1. Factors influencing Normal Running/jogging Gait.
2. Pathomechanics of muscles acting on the Lumbar Spine.
3. Noncontractile elements of the Ankle and Foot Complex.
4. Write about Ground reaction force.
5. Mechanics and Pathomechanics of Serratus anterior.
6. Describe Flat feet.
7. Significance of Thoraco lumbar fascia.
8. Explain Anatomical force-couple.
9. Exercising in Space.
10. Describe Scoliosis.
