

LIFELINE INSTITUTE OF PHYSIOTHERAPY
FIRST INTERNAL EXAMINATION

Subject -KINESIOLOGY

Time -15 min

Date -17/02/2025

INSTRUCTIONS: Read each statement carefully and **ENCIRCLE** the **LETTER** of the correct answer.

MULTIPLE CHOICE QUESTIONS

1×10=10 marks

1. In type I muscle fibre, the capacity of resistance to fatigue is _____.
a. High b. Intermediate
c. Low d. Very low
2. In the second order lever the arrangement is:
a. Weight in middle, fulcrum and effort point are either end
b. Fulcrum is in middle, weight and effort point are on either end
c. Effort point is in middle, weight and fulcrum are on either end
d. None of the above
3. Centre of gravity of human body in the anatomical position is reputed to be in vicinity of the body of the _____.
a. First lumbar vertebra b. Second sacral vertebra
c. Second thoracic vertebra d. Fourth lumbar vertebra
4. The line gravity is a vertical line through the _____.
a. Base of support b. Axis of movement
c. Centre of gravity d. lever of movement
5. A sagittal axis lies parallel to the sagittal suture of the skull. Movement about this axis is in a _____.
a. Sagittal plane
b. Horizontal plane
c. Frontal plane
d. Anteroposterior plane

6. Third order lever of _____.

- a. Velocity
- b. Stability
- c. Power
- d. Flexibility

7. _____ contraction involves the development of force by an increase in intra-muscular tension without any change in the length of the muscle.

- a. Isometric contraction
- b. Eccentric contraction
- c. Concentric contraction
- d. Isokinetic contraction

8. _____-Every object will remain at rest or continue to move with uniform velocity unless acted upon by an unbalanced force

- a. Newton's First Law of Motion
- b. Newton's second law of motion
- c. Newton's third law of motion
- d. Newton's fourth law of motion

9. When both the ends of a segment or set of segment are constrained in some way (and not free to move in space) this is referred to as _____.

- 1. Open chain exercises
- 2. Free exercises
- 3. Resistance exercises
- 4. Close chain exercises

10. Mechanical Efficiency of muscle –the pull is most efficient when the muscle is inserted _____.

- a. Less than right angle to the bone
- b. More than right angle to the bone
- c. Not inserted in any angle to the bone
- d. At right angle to the bone

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Time-1 hour 15 min

Short Answer Questions (ANY 4)

4×5=20 marks

1. Define centre of gravity, base of support and short note on equilibrium and types of equilibrium?
2. Describe axes and plane in details with example.
3. Types of muscle contraction
4. Describe types of levers with example
5. Describe properties of water and write note on buoyancy