



Paper Code
MS-CT-103

Roll No.
Signature of Invigilator

पतंजलि विश्वविद्यालय
University of Patanjali
Examination Jan. – Feb. – 2022

M.Sc. Yoga Science, Semester : First
Yoga Science; Paper : Third
Biomechanics and Kinesiology

Time: 3 Hours

Max. Marks: 70

Note: This paper is of seventy (70) marks divided into two (02) sections A, and B. Attempt the questions contained in these sections according to the detailed instructions given therein.

Section - A

(Long Answer Type Questions)

Note: Section 'A' contains five (05) long-answer-type questions of fifteen (15) marks each. Attempt any **three** questions. **(3×15=45)**

1. Explain Biomechanics of Hip Structure.
2. Explain analysis of the force on the cervical spine during activity.
3. Explain Biomechanics of Shoulder.
4. Explain Biomechanics of Elbow.
5. Explain Biomechanics of Wrist.

Section - B

(Short Answer Type Questions)

Note: Section 'B' contains Seven (07) short-answer-type questions of five (05) marks each. Attempt any **five** (05) questions. **(5×5=25)**

6. Define mechanics of lumbar spine during Yoga Posture.
7. Explain joint forces and muscular movement in asanas.
8. Energy work and muscular power during movement in Asanas? Explain.
9. Explain mechanic of Jumping and Running.
10. Explain Kinesiology with examples.
11. Explain clearly joint reaction force and ground reaction force.
12. Explain kinetics of human movement.

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