



**INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES
(University of Delhi)**

B-Block, Vikaspuri, Delhi-110018

Website: igipess.du.ac.in, Email: principal@igipess.du.ac.in, Ph. No. 011-2854497

Date: 11.05.2020

NOTICE

All the students of B.P.Ed Semester IV are hereby directed to submit their Assignment / Class-Test of Subject : CC-402 Kinesiology and Biomechanics via email i.e. ds.assignmentbpediv@igipess.du.ac.in latest by 17/05/2020.

Assignments / Class-Test are available roll no. wise on the Institute's website i.e. www.igipess.du.ac.in. Each Student have to complete their assignment and submit the same as per above directions.

Dr. Dhananjoy Shaw
(Officiating Principal)

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Abhijeet Singh

Max Marks : 20

Roll No.: 1

All questions are compulsory

1	Define Kinesiology & Sports Biomechanics. Explain the importance of Kinesiology & Sports Biomechanics.	10
2	List and define all fundamental movements in each plane and axis.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Abhishek Rathor

Max Marks : 20

Roll No.: 2

All questions are compulsory

1	Explain with examples the classification of Joints and Muscles.	10
2	Explain the importance of good Posture.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Akash Saini

Max Marks : 20

Roll No.: 3

All questions are compulsory

Write Short Note on the followings

1	Newton's Laws of Motion	5
2	Factors influencing Projectile trajectories	5
3	Lever and its application in sports activities	5
4	Force	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Alok Oraon

Max Marks : 20

Roll No.: 4

All questions are compulsory

Write Short Note on the followings

1	Linear Kinematics	7
2	Types of Muscle Contraction	7
3	Linear Kinetics	6

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Amit

Max Marks : 20

Roll No.: 5

All questions are compulsory

1	Define kinesiology and Sports Biomechanics. Explain the importance of the study of Kinesiology and Biomechanics in the field of Physical Education	10
2	List and define all axis and planes. List all the fundamental movements possible in each axis and plane.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Amit Kumar
Roll No.: 6

Max Marks : 20

All questions are compulsory

1	List and elaborate upon the types of muscle contraction with the help of examples.	10
2	Define Posture. Explain the meaning, type and importance of good posture	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Amit Kumar
Roll No.: 7

Max Marks : 20

All questions are compulsory

1	Explain the meaning, definition and types of Lever. Explain the application of lever in sports activities with the help of examples.	10
2	Define Newton's Laws of Motion. Explain the application of Newton's Laws of Motion in sports activities and weight training with the help of examples.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Anjali
Roll No.: 8

Max Marks : 20

All questions are compulsory

Write Short Note on the followings

1	Linear kinematics	5
2	Angular kinematics	5
3	Mass	5
4	Inertia	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Anuj Hooda
Roll No.: 9

Max Marks : 20

All questions are compulsory

1	Define Kinesiology & Sports Biomechanics. Explain the importance of Kinesiology & Sports Biomechanics.	10
2	List and define all fundamental movements in each plane and axis.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Anuj Yadav
Roll No.: 10

Max Marks : 20

All questions are compulsory

1	Explain with examples the classification of Joints and Muscles.	10
2	Explain the importance of good Posture	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Ashish Maheshwari

Max Marks : 20

Roll No.: 11

All questions are compulsory

Write Short note on the followings:

1	Newton's Laws of Motion	5
2	Factors influencing Projectile trajectory	5
3	Lever and its application in sports activities	5
4	Force	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : _____

Max Marks : 20

Roll No.: 12

All questions are compulsory

Write Short Note on the followings

1	Linear Kinematics	7
2	Types of Muscle Contraction	7
3	Linear Kinetics	6

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Deepa Rani

Max Marks : 20

Roll No.: 13

All questions are compulsory

1	Define Kinesiology & Sports Biomechanics. Explain the importance of Kinesiology & Sports Biomechanics.	10
2	List and define all fundamental movements in each plane and axis.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Deepanjali Sharma

Max Marks : 20

Roll No.: 14

All questions are compulsory

1	Explain with examples the classification of Joints and Muscles.	10
2	Explain the importance of good Posture.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Diksha

Max Marks : 20

Roll No.: 15

All questions are compulsory

Write Short Note on the followings

1	Newton's Laws of Motion	5
2	Factors influencing Projectile trajectories	5
3	Lever and its application in sports activities	5
4	Force	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Dipanshu Sindhu

Max Marks : 20

Roll No.: 16

All questions are compulsory

Write Short Note on the followings

1	Linear Kinematics	7
2	Types of Muscle Contraction	7
3	Linear Kinetics	6

Class: B.P.Ed

Paper :CC-402 Kinesiology and Biomechanics

Assignment/ Class Test

Name : Divyani Singh

Max Marks : 20

Roll No.: 17

All questions are compulsory

1	Define kinesiology and Sports Biomechanics. Explain the importance of the study of Kinesiology and Biomechanics in the field of Physical Education	10
2	List and define all axis and planes. List all the fundamental movements possible in each axis and plane.	10

Class: B.P.Ed

Paper :CC-402 Kinesiology and Biomechanics

Assignment/ Class Test

Name : Harsh Kumar Jajoria

Max Marks : 20

Roll No.: 18

All questions are compulsory

1	List and elaborate upon the types of muscle contraction with the help of examples.	10
2	Define Posture. Explain the meaning, type and importance of good posture	10

Class: B.P.Ed

Paper :CC-402 Kinesiology and Biomechanics

Assignment/ Class Test

Name : Harshita Dhyani

Max Marks : 20

Roll No.: 19

All questions are compulsory

1	Explain the meaning, definition and types of Lever. Explain the application of lever in sports activities with the help of examples.	10
2	Define Newton's Laws of Motion. Explain the application of Newton's Laws of Motion in sports activities and weight training with the help of examples	10

Class: B.P.Ed

Paper :CC-402 Kinesiology and Biomechanics

Assignment/ Class Test

Name : Hemlata Nishad

Max Marks : 20

Roll No.: 20

All questions are compulsory

Write Short Note on the followings

1	Linear kinematics	5
2	Angular kinematics	5
3	Mass	5
4	Inertia	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Hirdesh Rawat

Max Marks : 20

Roll No.: 21

All questions are compulsory

1	Define Kinesiology & Sports Biomechanics. Explain the importance of Kinesiology & Sports Biomechanics.	10
2	List and define all fundamental movements in each plane and axis.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Ishita Nagpal

Max Marks : 20

Roll No.: 22

All questions are compulsory

1	Explain with examples the classification of Joints and Muscles.	10
2	Explain the importance of good Posture	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Jitesh Kumar

Max Marks : 20

Roll No.: 23

All questions are compulsory

Write Short note on the followings:

1	Newton's Laws of Motion	5
2	Factors influencing Projectile trajectory	5
3	Lever and its application in sports activities	5
4	Force	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Kapil

Max Marks : 20

Roll No.: 24

All questions are compulsory

Write Short Note on the followings

1	Linear Kinematics	7
2	Types of Muscle Contraction	7
3	Linear Kinetics	6

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Karan Gautam

Max Marks : 20

Roll No.: 25

All questions are compulsory

1	Define Kinesiology & Sports Biomechanics. Explain the importance of Kinesiology & Sports Biomechanics.	10
2	List and define all fundamental movements in each plane and axis.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Kiran Kumari

Max Marks : 20

Roll No.: 26

All questions are compulsory

1	Explain with examples the classification of Joints and Muscles.	10
2	Explain the importance of good Posture.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Kishan Kumar

Max Marks : 20

Roll No.: 27

All questions are compulsory

Write Short Note on the followings

1	Newton's Laws of Motion	5
2	Factors influencing Projectile trajectories	5
3	Lever and its application in sports activities	5
4	Force	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Love

Max Marks : 20

Roll No.: 28

All questions are compulsory

Write Short Note on the followings

1	Linear Kinematics	7
2	Types of Muscle Contraction	7
3	Linear Kinetics	6

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Manoj Kumar

Max Marks : 20

Roll No.: 29

All questions are compulsory

1	Define kinesiology and Sports Biomechanics. Explain the importance of the study of Kinesiology and Biomechanics in the field of Physical Education	10
2	List and define all axis and planes. List all the fundamental movements possible in each axis and plane.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Meenu Rawat

Max Marks : 20

Roll No.: 30

All questions are compulsory

1	List and elaborate upon the types of muscle contraction with the help of examples.	10
2	Define Posture. Explain the meaning, type and importance of good posture	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Mehul Kumar

Max Marks : 20

Roll No.: 31

All questions are compulsory

1	Explain the meaning, definition and types of Lever. Explain the application of lever in sports activities with the help of examples.	10
2	Define Newton's Laws of Motion. Explain the application of Newton's Laws of Motion in sports activities and weight training with the help of examples	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Mohd. Shaquib

Max Marks : 20

Roll No.: 32

All questions are compulsory

Write Short Note on the followings

1	Linear kinematics	5
2	Angular kinematics	5
3	Mass	5
4	Inertia	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Mohit Morya

Max Marks : 20

Roll No.: 33

All questions are compulsory

1	Define Kinesiology & Sports Biomechanics. Explain the importance of Kinesiology & Sports Biomechanics.	10
2	List and define all fundamental movements in each plane and axis.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Neha

Max Marks : 20

Roll No.: 34

All questions are compulsory

1	Explain with examples the classification of Joints and Muscles.	10
2	Explain the importance of good Posture	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Netram Meena

Max Marks : 20

Roll No.: 35

All questions are compulsory

Write Short note on the followings:

1	Newton's Laws of Motion	5
2	Factors influencing Projectile trajectory	5
3	Lever and its application in sports activities	5
4	Force	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Nilesh Panchotiya

Max Marks : 20

Roll No.: 36

All questions are compulsory

Write Short Note on the followings

1	Linear Kinematics	7
2	Types of Muscle Contraction	7
3	Linear Kinetics	6

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Nishant Rathour

Max Marks : 20

Roll No.: 37

All questions are compulsory

1	Define Kinesiology & Sports Biomechanics. Explain the importance of Kinesiology & Sports Biomechanics.	10
2	List and define all fundamental movements in each plane and axis.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Pinki

Max Marks : 20

Roll No.: 38

All questions are compulsory

1	Explain with examples the classification of Joints and Muscles.	10
2	Explain the importance of good Posture.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Richa Nakoti

Max Marks : 20

Roll No.: 39

All questions are compulsory

Write Short Note on the followings

1	Newton's Laws of Motion	5
2	Factors influencing Projectile trajectories	5
3	Lever and its application in sports activities	5
4	Force	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Salman

Max Marks : 20

Roll No.: 40

All questions are compulsory

Write Short Note on the followings

1	Linear Kinematics	7
2	Types of Muscle Contraction	7
3	Linear Kinetics	6

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Sandeep Yadav

Max Marks : 20

Roll No.: 41

All questions are compulsory

1	Define kinesiology and Sports Biomechanics. Explain the importance of the study of Kinesiology and Biomechanics in the field of Physical Education	10
2	List and define all axis and planes. List all the fundamental movements possible in each axis and plane.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Sanjana Chaudhary

Max Marks : 20

Roll No.: 42

All questions are compulsory

1	List and elaborate upon the types of muscle contraction with the help of examples.	10
2	Define Posture. Explain the meaning, type and importance of good posture	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Neha

Max Marks : 20

Roll No.: 43

All questions are compulsory

1	Explain the meaning, definition and types of Lever. Explain the application of lever in sports activities with the help of examples.	10
2	Define Newton's Laws of Motion. Explain the application of Newton's Laws of Motion in sports activities and weight training with the help of examples	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Shubham Baliyan

Max Marks : 20

Roll No.: 44

All questions are compulsory

Write Short Note on the followings

1	Linear kinematics	5
2	Angular kinematics	5
3	Mass	5
4	Inertia	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Sneha Rani

Max Marks : 20

Roll No.: 45

All questions are compulsory

1	Define Kinesiology & Sports Biomechanics. Explain the importance of Kinesiology & Sports Biomechanics.	10
2	List and define all fundamental movements in each plane and axis.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Sourabh Saini

Max Marks : 20

Roll No.: 46

All questions are compulsory

1	Explain with examples the classification of Joints and Muscles.	10
2	Explain the importance of good Posture	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Subhash Shakya

Max Marks : 20

Roll No.: 47

All questions are compulsory

Write Short note on the followings:

1	Newton's Laws of Motion	5
2	Factors influencing Projectile trajectory	5
3	Lever and its application in sports activities	5
4	Force	5

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Surbhi Chaudhary

Max Marks : 20

Roll No.: 48

All questions are compulsory

Write Short Note on the followings

1	Linear Kinematics	7
2	Types of Muscle Contraction	7
3	Linear Kinetics	6

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Ashish Kumar

Max Marks : 20

Roll No.: 49

All questions are compulsory

1	Define kinesiology and Sports Biomechanics. Explain the importance of the study of Kinesiology and Biomechanics in the field of Physical Education	10
2	List and define all axis and planes. List all the fundamental movements possible in each axis and plane.	10

Class: B.P.Ed
Paper :CC-402 Kinesiology and Biomechanics
Assignment/ Class Test

Name : Komal

Max Marks : 20

Roll No.: 50

All questions are compulsory

1	List and elaborate upon the types of muscle contraction with the help of examples.	10
2	Define Posture. Explain the meaning, type and importance of good posture	10
