CORE COURSE (THEORY)
SEMESTER II
KINESIOLOGY

Max. Marks =100 **BES-C204**
Theory = 70 Marks + Internal Assessment = 30 Marks Time allowed: 3Hrs

The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following…….
CO-1. Describe the definition and meaning of kinesiology.
CO-2. Discuss the aims and objectives of kinesiology.
CO-3. Explain the role of kinesiology in physical education.
CO-4. Interpret the fundamental concept of center of gravity, line of gravity, axis, and planes.
CO-5. Write about the composition, and classification of bones and Muscles.

UNIT-I
Definition& Meaning of Kinesiology
Aims & objectives of kinesiology
Scope of Kinesiology in physical Education and Sports
Role of Kinesiology in physical Education and Sports

UNIT-II
Fundamental concepts: Centre of gravity, line of gravity
Axis and planes
Fundamental movements of human body joints
Meaning & definition of motion around various joints

UNIT-III
Introduction of Bones
Composition of bones
Types of bones
Classification of bones

UNIT-IV
Introduction of Muscles
Types of muscles
Classification of muscles
Structure of Skeletal muscles

SUGGESTED BOOKS
Hamill, J. and Knutzen, K.M. (2003). Biomechanical Basis of Human Movement. Lippincott Williams and Wilkins, USA.
Hay (1993). The biomechanics of sports techniques prentice hall inc New Jersey.
McGinnis, P. (2004). Biomechanics of Sports & Exercise. Human Kinetics, USA.
Oatis, C.A. (2008). Kinesiology. 2nd Ed. Lippincott, Williams & Wilkins, USA.
Parmeswar ram P.(2001) Essentials of Kinesiology and Biomechanics New Delhi.
Rai Ramesh(2003) Biomechanics mechanical aspects of human motion, Agrim publication, Mohali.