

Your Roll No.....

Name of the course : Master of Physical Education (M. P. Ed.)
Paper No. : MPE-0704(ii)
Name of the paper : Subject Specialization: Sports Biomechanics
Semester : I-December-2025
Duration : 3 Hours
Maximum Marks : 50 Marks

Instructions for students

1. Write your Roll No. on the top right side Immediately on the receipt of this question paper)
2. Attempt any five questions. All questions carry equal mark.

1. Explain the importance of Biomechanics in Physical Education and Sports
2. Define types of levers and explain their mechanical advantages and disadvantages with special reference to physical education and sports applications.
3. Explain biomechanical principles of initial force as well as principles of action and reaction with suitable examples from physical education and sports sciences.
4. Explain the concept related to Controlling balance in dynamic conditions in physical education activities.
5. Discuss on qualities of motor movements with special reference to movement rhythm, movement coupling, movement flow and movement amplitude with suitable examples.
6. Discuss observing and analyzing performance emphasizing on the nature of skills, overall performance objective of skill and the analysis process of skill with suitable example of your choice.
7. Discuss on newtons laws of inertia as well as action and reaction as applicable to linear and angular motion with special reference to physical education and sports applications.
8. Write on different movement qualities with special reference to physical education and sports applications.