

Question Paper

Exam Date & Time: 20-May-2024 (10:00 AM - 01:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND SEMESTER B.Sc. EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION - MAY/JUNE 2024
SUBJECT: ESS1201 - FUNCTIONAL ANATOMY
(2020 SCHEME)

Marks: 100

Duration: 180 mins.

Answer all the questions.

- | | | |
|-----|--|------|
| 1) | Describe in detail the osteokinematics, the arthrokinematics, and muscles of the Glenohumeral joint. | (20) |
| 2) | Describe the structure, the osteokinematics and the arthrokinematics of the Tibiofemoral joint. List the Ligaments of the Tibiofemoral joint along with their functions. | (20) |
| 3) | Describe the Ideal posture in the Anterior and Posterior view. | (10) |
| 4) | Describe the capsule and Ligaments of the Hip joint along with their functions | (10) |
| 5A) | Describe the muscle activity during a Push up | (5) |
| 5B) | Describe the arthrokinematics of the radioulnar joint. | (5) |
| 5C) | Describe the movements of the rib cage. | (5) |
| 5D) | Describe the functional position of the wrist and hand. | (5) |
| 5E) | Describe Nutation and Counter-Nutation of the Sacroiliac joint | (5) |
| 5F) | Describe the structure and function of plantar arches. | (5) |
| 6A) | List the movements of the acromioclavicular joint. | (2) |
| 6B) | List any four neck extensors. | (2) |
| 6C) | State Fryette's Law. | (2) |
| 6D) | List the accessory movements | (2) |
| 6E) | Define the intrinsic plus and intrinsic minus position of the hand | (2) |

-----End-----

Question Paper

Exam Date & Time: 22-May-2024 (10:00 AM - 01:00 PM)



MANIPAL ACADEMY OF HIGHER EDUCATION

SECOND SEMESTER BSc. EXERCISE AND SPORTS SCIENCES DEGREE EXAMINATION - MAY/JUNE 2024

SUBJECT: ESS1221 - SPORTS COACHING

(2020 SCHEME)

Marks: 100

Duration: 180 mins.

Answer all the questions.

- | | | |
|-----|---|------|
| 1) | Enlist and explain different practice types. Prepare a session plan for a sport of your choice. | (20) |
| 2) | Explain the "long term athlete development model" and its importance. Enlist and explain all stages of long-term athlete development model. | (20) |
| 3) | Explain in detail the different types of learning styles. | (10) |
| 4) | Explain the components of reactive coaching behavior using examples. | (10) |
| 5A) | Discuss the functional roles of a coach. | (5) |
| 5B) | Personal philosophy can determine how you operate as a coach. Discuss the statement. | (5) |
| 5C) | Explain in brief any 2 coaching styles. | (5) |
| 5D) | Discuss the importance of ethics in sports coaching. | (5) |
| 5E) | Explain any 2 coaching models. | (5) |
| 5F) | Discuss the legal issues in sports coaching. | (5) |
| 6A) | Define periodization. | (2) |
| 6B) | Enlist the stages of developing a team. | (2) |
| 6C) | What is a sandwich feedback mechanism. | (2) |
| 6D) | What is part- progressive practice? | (2) |
| 6E) | What is operationalization? | (2) |

-----End-----