

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM

B.P.E.S DEGREE EXAMINATION – April 2019

Second Semester

PRINCIPLES OF MOTOR DEVELOPMENT

Time: Three hours

Maximum: 75 marks

PART – A (10 x 2 = 20 marks)

Answer any **TEN** questions. All questions carry equal marks.

1. Define Motor Development.
2. Define maturation.
3. What is ability?
4. What is balance?
5. What is postnatal development?
6. State any two movements of infant.
7. Mention any two stages in development of human locomotion.
8. List down any two ballistic skills.
9. What is body composition?
10. Write any two physical fitness components.
11. What is posture?
12. Define aging.

PART – B (5 x 5 = 25 marks)

Answer any **FIVE** questions. All questions carry equal marks.

13. Explain the classification of motor activities in detail.
14. How the principles of motion and stability used to detect errors and correct errors.
15. Discuss the development of skeletal system.
16. Write short notes on manipulative skills.
17. Elaborate the development of flexibility.
18. Write a note on moving against gravity.
19. Illustrate the early motor development.
20. Elaborate the development of strength.

PART – C (3 x 10 = 30 marks)

Answer any **THREE** questions. All questions carry equal marks.

21. Discuss the Newell's Model of motor development.
22. Describe the open kinetic chain in detail.
23. Explain the development of muscular system.
24. Write an essay on development of ballistic skills.
25. Narrate the development of cardio-respiratory endurance.
