



Brain International School

Vikas Puri, New Delhi

ASSIGNMENT NO. 5

SUBJECT: PHYSICAL EDUCATION

CLASS-XI

NOVEMBER, 2025

UNIT 8: FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS

Q1. What do you mean by gliding movement?

Q2. Define kinesiology ?

Q3. Define abduction ?

Q4. What do you mean by biomechanics ?

Q5. What is the difference between flexion & extension ?

Q6. Define principle of optimal projection.

Q7. Explain kinetics.

Q8. What is the difference between axis and plane ?

Q9. Write in detail the importance of biomechanics in physical education.

Q10. What are the different types of body movement? Explain.