Brain International School
Vikas Puri, New Delhi

ASSIGNMENT NO. 4

SUBJECT: PHYSICAL EDUCATION CLASS-XI NOVEMBER ’2026

UNIT-8 FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS

Answer the following questions:

Q1. Define Kinesiology and Biomechanics.

Q2. Explain the different principles of biomechanics.

Q3. Describe the major types of body movements (Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Pronation, and Supination).

Q4. Differentiate between kinetics and kinematics in sports.

Q5. Explain the concept of axis and planes along with its applications in body movement.

Q6. Write in details the importance of biomechanics in physical education and sports.

Q7. Write in details the importance of kinesiology in physical education and sports.