CENTRE FOR DISTANCE AND ONLINE EDUCATION
SRI SRI UNIVERSITY, KATAKA

MASTER OF ARTS (YOGA)

TUTOR MARKED ASSIGNMENT

Course Code: MSY-SCT-203 | **Exam: January 2027**
Course Name: Biomechanics and Kinesiology | **Session: February 2026**
Semester: 2nd | **Total Marks: 100**

A. Answer any eight questions (essay type). Answer in about 350-500 words each. (10 X 8 = 80)

1. Define biomechanics and kinesiology. Explain their importance in the study of human movement & yogic poses.
2. Explain Newton's three laws of motion with one example from yoga practice.
3. What are the cardinal planes and axes of the human body? Give examples of movements in each plane.
4. Explain centre of gravity and line of gravity. How do they help maintain balance in yoga postures?
5. Describe the fundamental movements that occur at major joints of the body.
6. Explain the importance of biomechanics in the practice and teaching of yoga.
7. What is a lever? Describe the three classes of levers with examples from yoga or daily life.
8. Explain the role of stretch reflex and postural reflex in maintaining balance during yoga practice.
9. Describe the main types of skeletal muscles and their functions.
10. Explain angular kinematics and its application to yoga movements.

B. Write short notes on any four. Answer in about 150-200 words each. (5 X 4 = 20)

1. All-or-none law of muscle contraction
2. Friction and ground reaction force in yoga
3. Reciprocal inhibition
4. Types of muscle contraction
5. Equilibrium and balance in yoga postures
6. Force–length relationship of muscles