

Nalanda Nritya Kala Mahavidyalaya

MPA Part II (Semester IV)

Movement Studies

Date:- 19-05-2021

Time:- 11.00 am to 12.30 p.m.

Marks:-60

Q.1. Tick the correct answer

Marks 30

1. Shoulder joint is a

- | | |
|----------------------------------|---------------------|
| a. Hinge joint | b. Multifacet joint |
| c. Ball and Socket type of joint | d. Tendon joint |

2. Right Brain is a

- | | |
|-----------|----------------|
| a. Verbal | b. Calculative |
| c. Artist | d. Extrovert |

3. Hearing impaired children understand sound with

- | | |
|--------------|------------|
| a. Version | b. Balance |
| c. Vibration | d. Vision |

4. Speech and language centre is represented in

- | | |
|----------------|----------------|
| a. Cerebellum | b. left brain |
| c. right brain | d. Spiral Cord |

5. Vestibular system is stimulated by

- | | |
|------------|-----------|
| a. Gravity | b. Vision |
| c. Sound | d. Touch |

6. Isotonic contraction of a muscle results into

- a. Change in the length of the muscle
- b. Change in the girth of the muscle
- c. Change in the tone of the muscle
- d. Muscle pull

7. Music is interpreted in

- a. Left brain
- b. Right brain
- c. Emotional centre
- d. Cerebellum

8. Therapeutic choreography is the best therapy for Learning Disabled children because it involves

- a. Movement
- b. Expression
- c. Mind Body – brain integration
- d. Balance

9. Children with Autism love to

- a. Sit at one place
- b. Play with other children
- c. Spin
- d. Communicate with others

10. Which dance style can be used as therapy for autistic children

- a. Kathakali
- b. Kathak
- c. Bharata Natyam
- d. Mohini Attam

11. Normal muscle tone is the reaction to

- a. Counteract gravity
- b. Muscle pull
- c. Movement
- d. Balance

12. Elbow joint is

- a. Ball and Socket joint
- b. Hinge joint
- c. Multifacet joint
- d. Tendon joint

13. Ball and Socket type of joint in lower limb is

- a. Knee joint
- b. Hip joint
- c. Ankle joint
- d. Toe joint

14. Hypertonia of the muscles result into

- a. Stiffness
- b. looseness
- c. Strength
- d. Weakness

15. Therapeutic choreography means

- a. Choreography of typical dance style
- b. Modified movement patterns with specific aims
- c. Combination of more than one dance style
- d. Fusion of different dance styles

Q.2. Write in brief on any one in each question:

Marks 30

1. Explain in brief importance of Movement in life

Or

How you can use dance as therapy

2. Write about the parts of the human nervous system

Or

Write about Musculo Skeletal system

3. Write the qualities of Right brain and Left brain

Or

Write about different types of joint and movements occurring at them of upper and lower limbs

4. What are the benefits of dance for referral passion

Or

What about tips to be remembered to be a good dancer

5. Write about different types of skeletal muscle contractions

Or

Write in brief about functions of vestibular systems

6. Write in brief why dance is a better therapy for emotionally disturbed person?

Or

How different 'Rasa' Abhinaya will be helpful for different emotional issues?

7. Explain in brief the parts of the human brain

Or

Explain the function of the musculo skeletal system

8. What is Autism, Describe autistic child's behavior and which dance style can be helpful to an autistic child and why?

Or

Which are the common injuries or wear and tear on the body in different dance styles and how it can be prevented.

9. Write about autonomous nervous system and how it gets affected in emotional reactions.

Or

Write about vestibular system and its importance on human body and behavior

10. What is hyperactivity? How a hyperactive child behaves.

Or

Why dance is the best therapy for hyperactive children.