Physical Education Studies Year II General

CHAPTER 4: Biomechanics

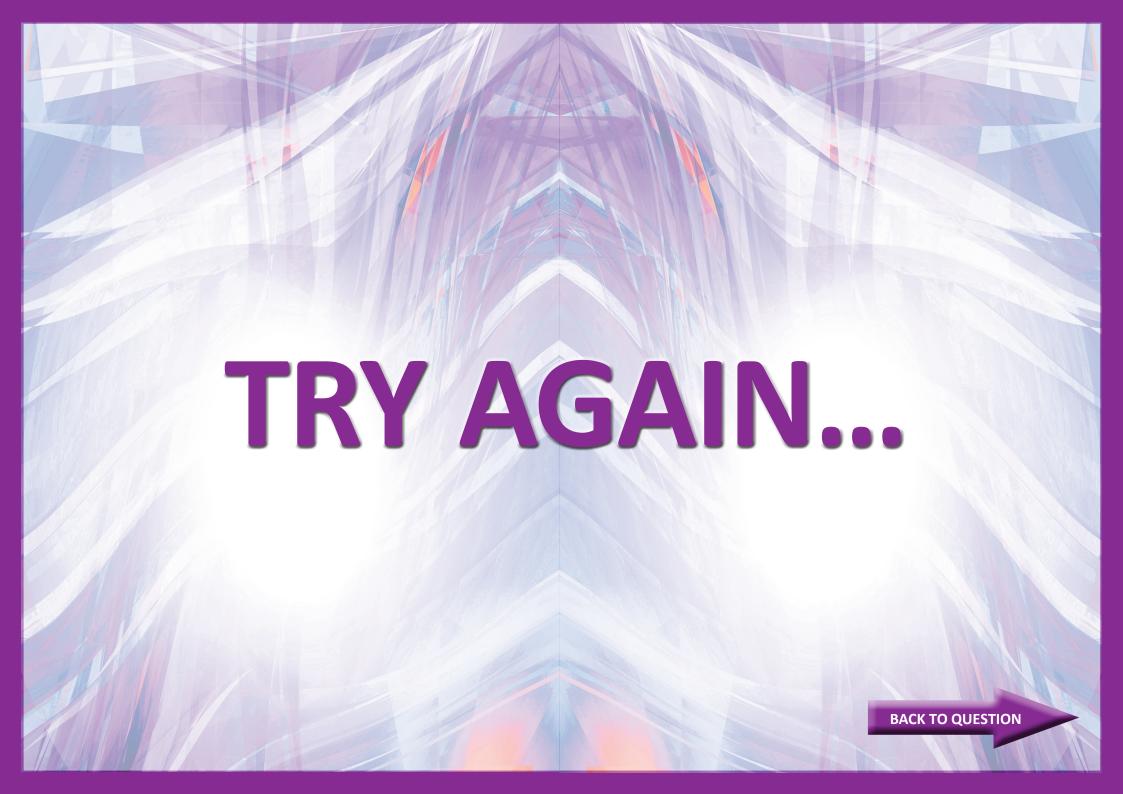
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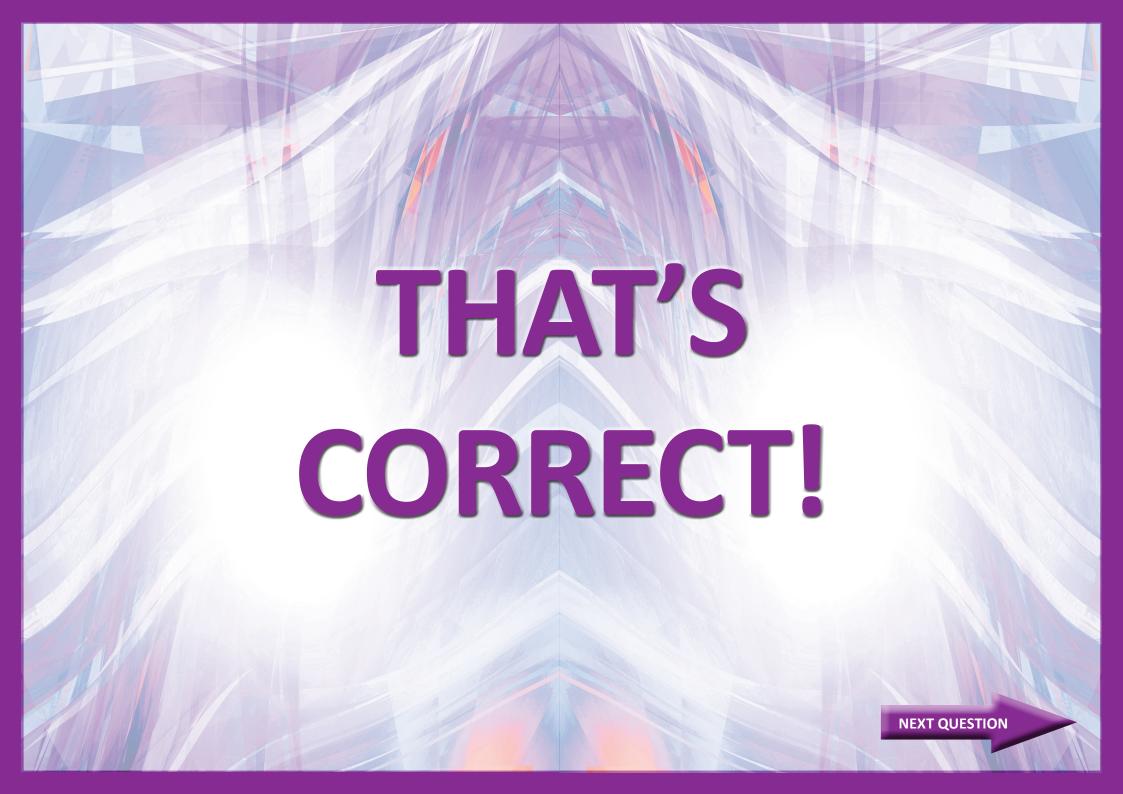
Welcome to the quiz for Chapter 4

- You will be given 8 multiple choice questions
- Click on the correct answer
- Use the links to navigate through the quiz
- To finish the test you must answer all the questions correctly

Many movement patterns can be broken down into phases of movement to assist with biomechanical analysis. Which of the following is not a common phase of movement?

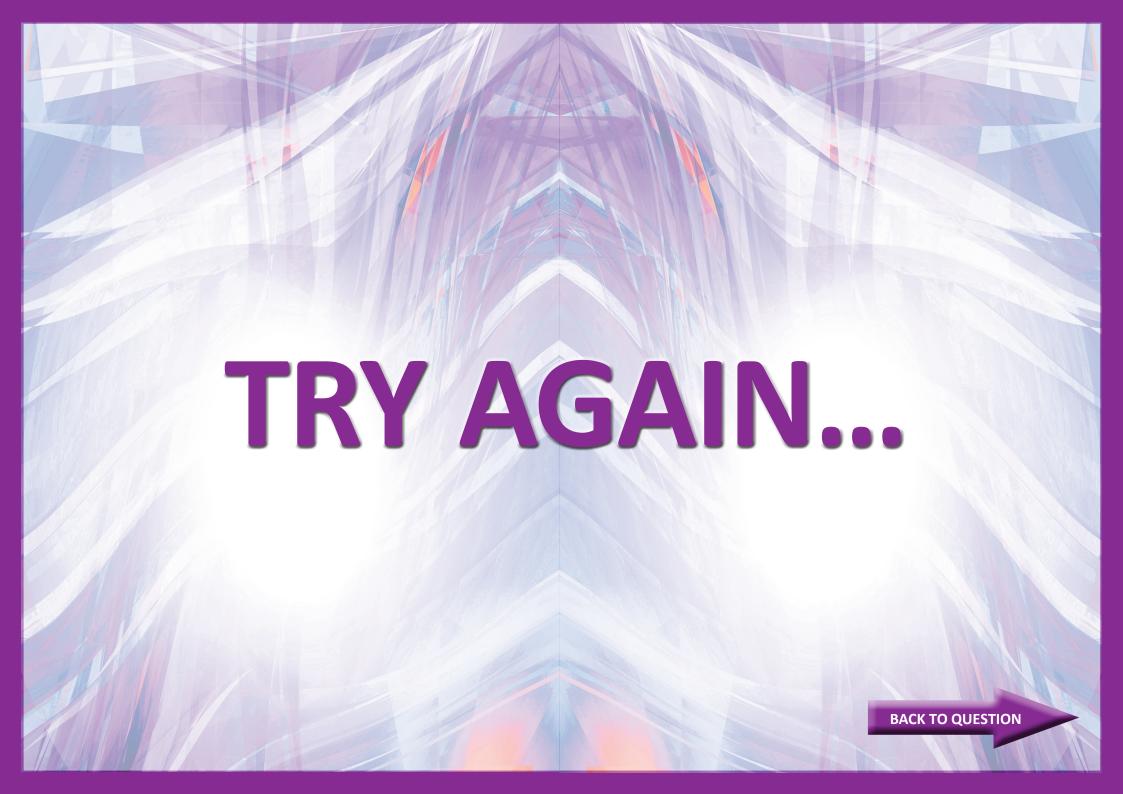
- A. Warm-up
- **B.** Preparation
- C. Follow-through
- D. Action

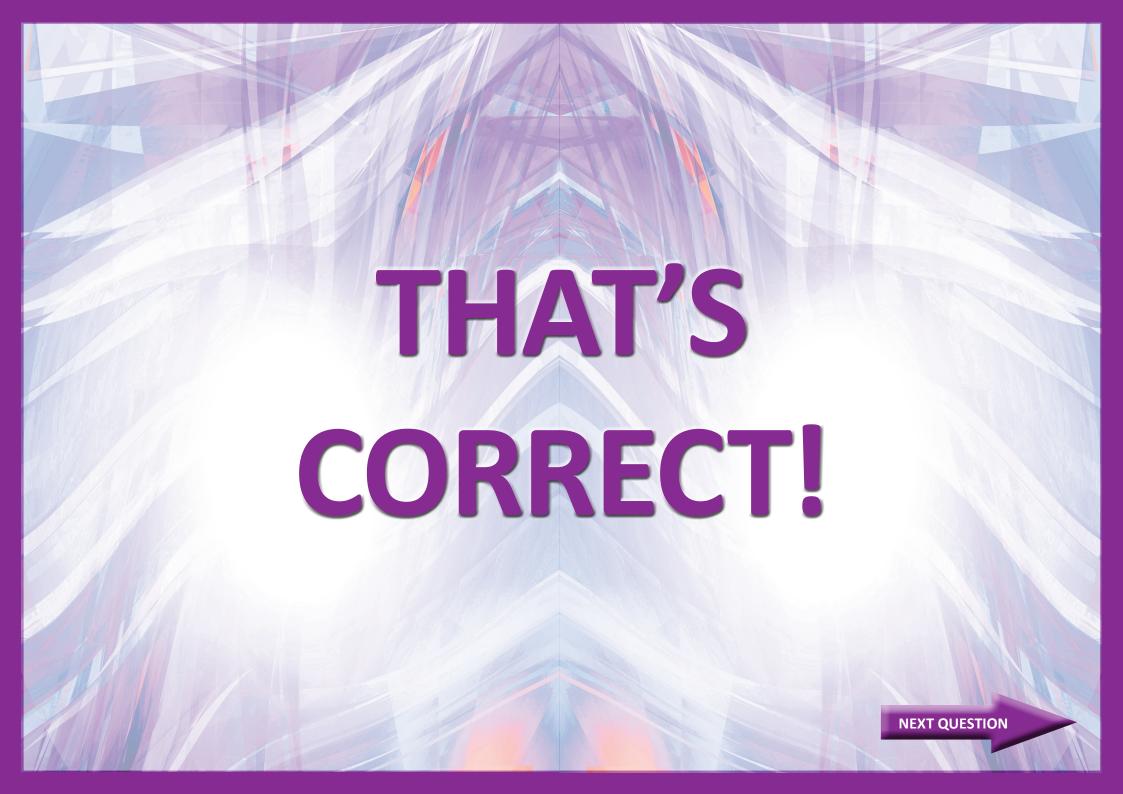




Which of the following is NOT an aspect of linear motion?

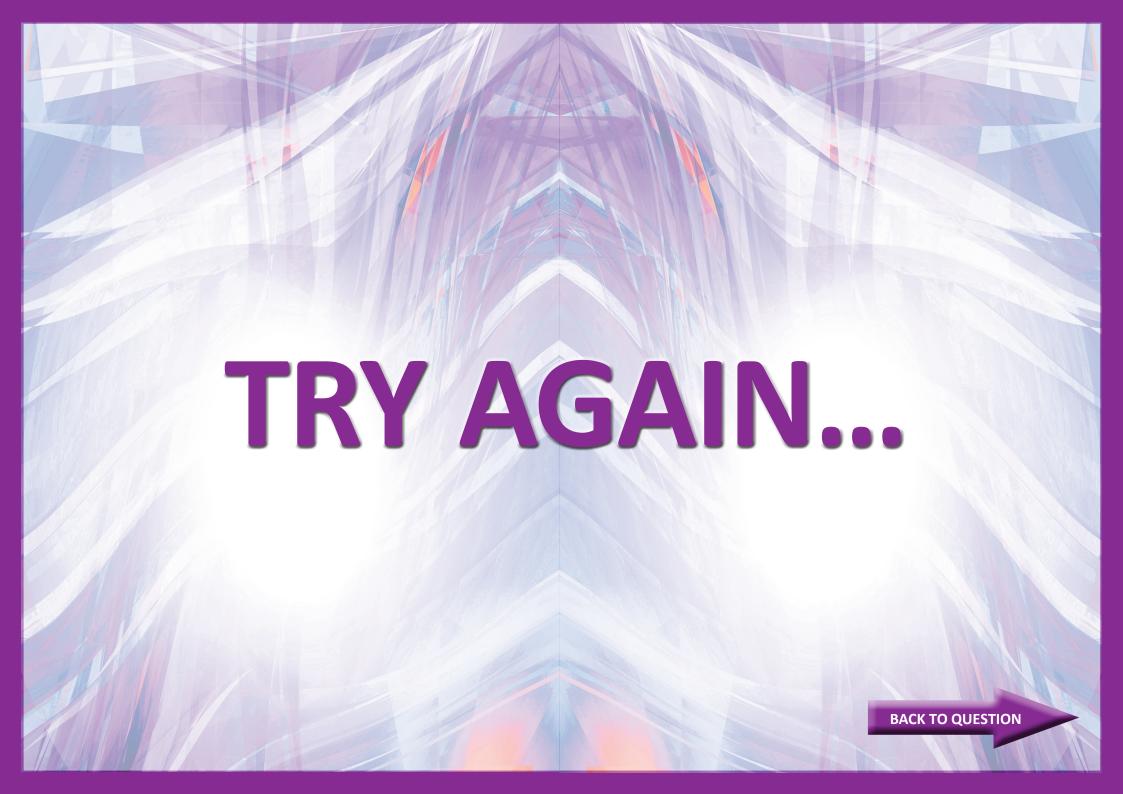
- A. How far a body moves
- B. How fast a body moves
- C. How well a body spins
- D. How consitently a body moves

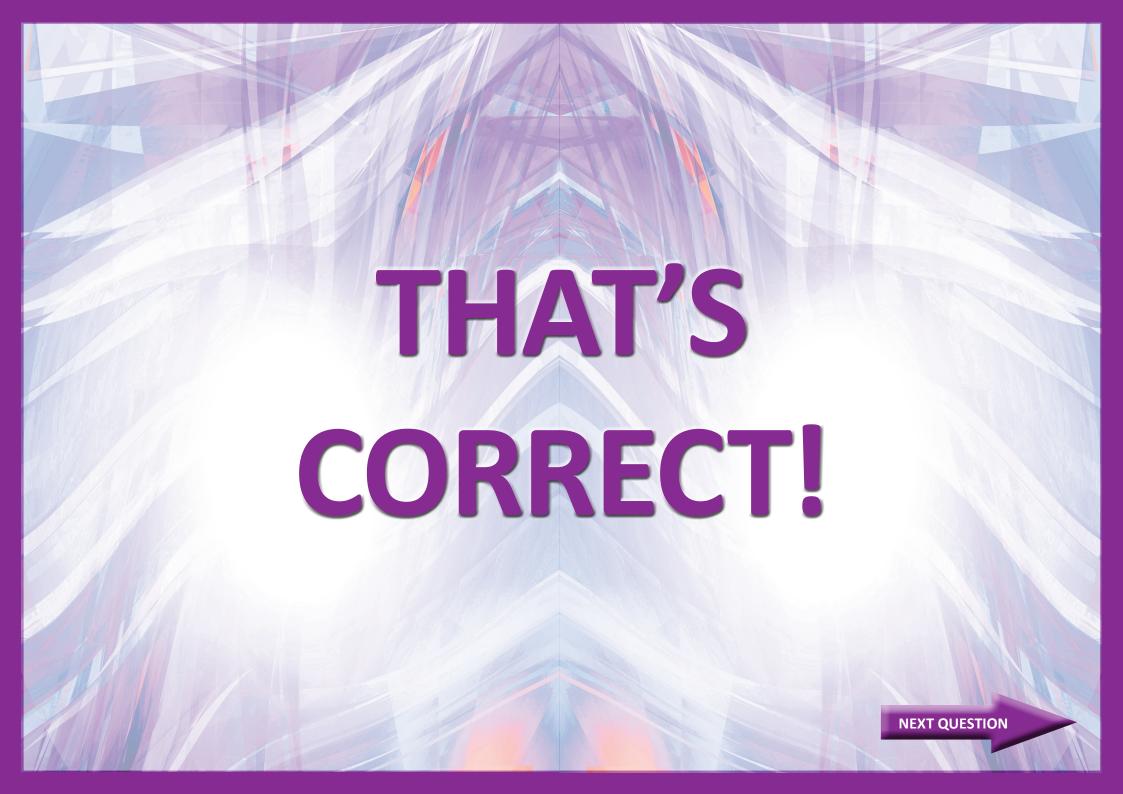




Which of the following statements regarding angular motion is NOT true?

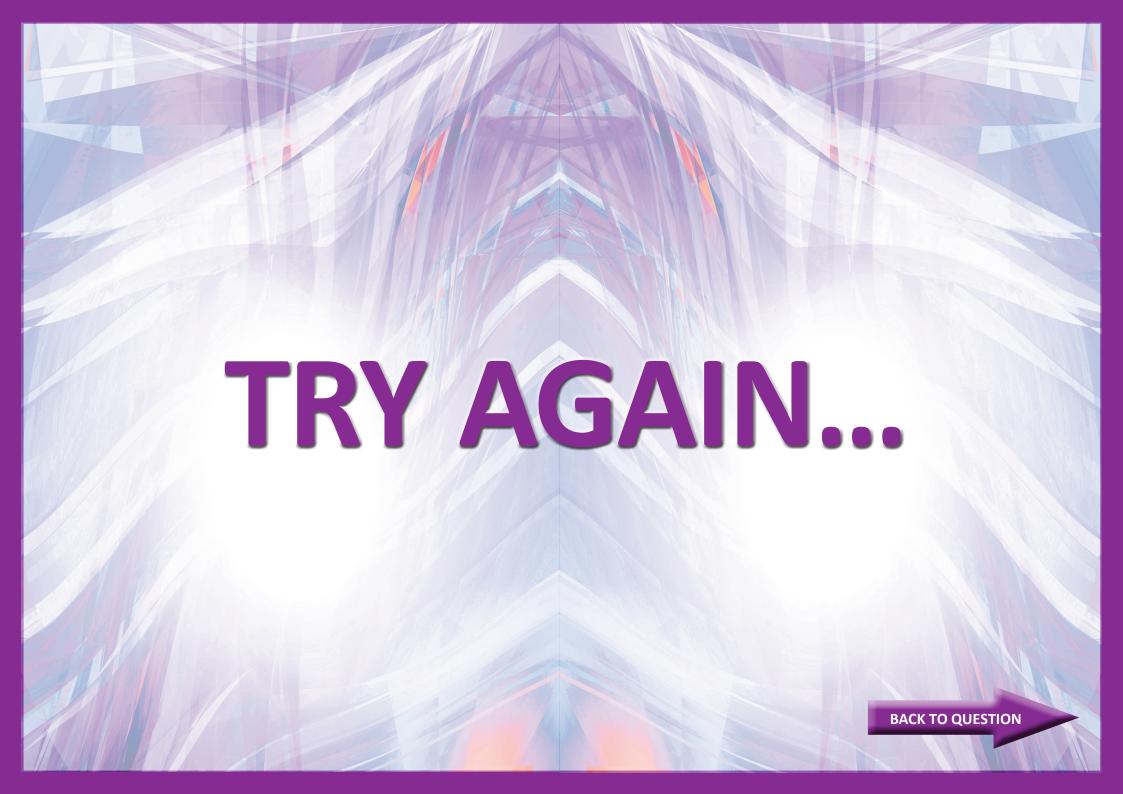
- A. It takes place around an axis of rotation
- B. It is a circular motion
- C. An example is the set shot in basketball
- D. The whole body travels through the same angle, in the same direction, in the same time

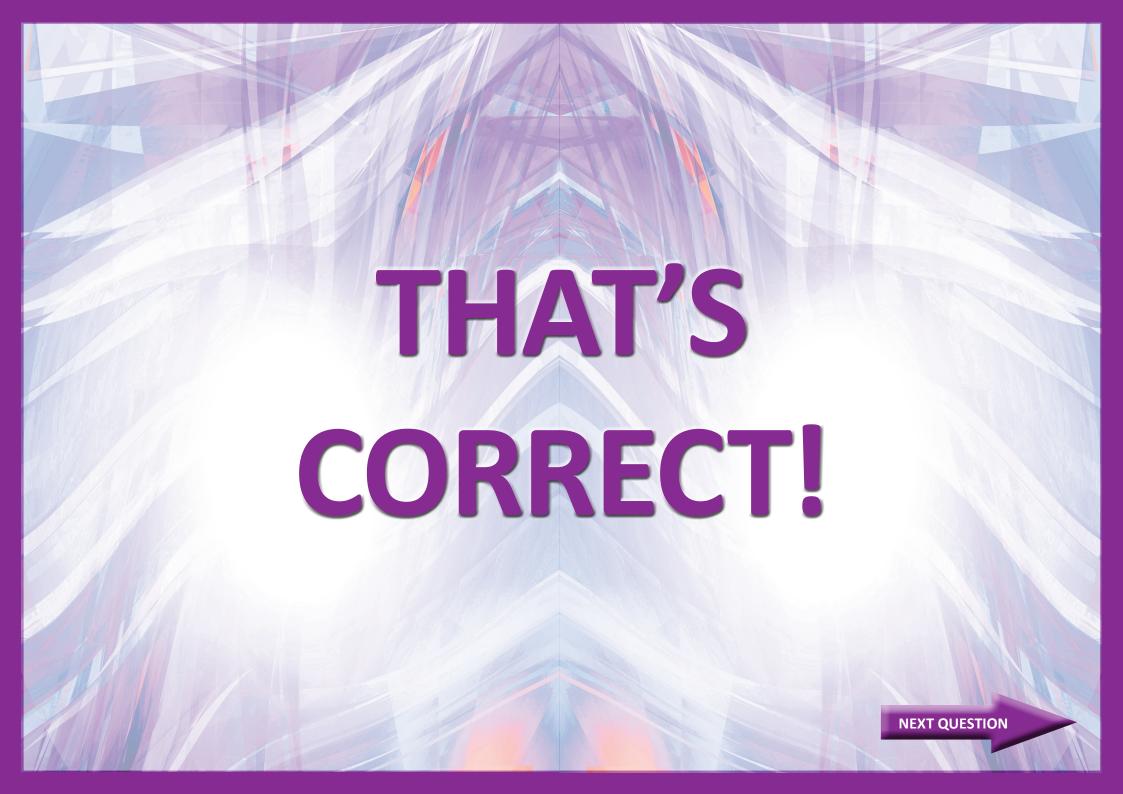






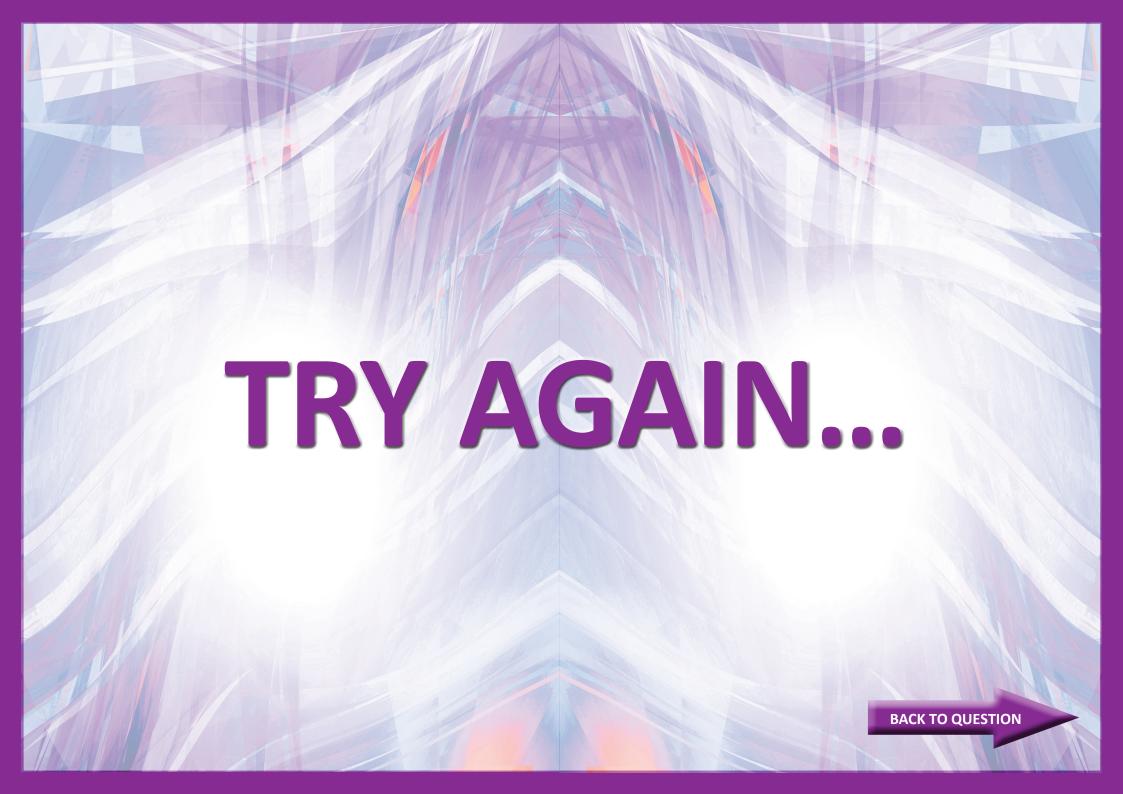
- A. Waist
- B. Hips
- C. Abdomen
- D. Knees

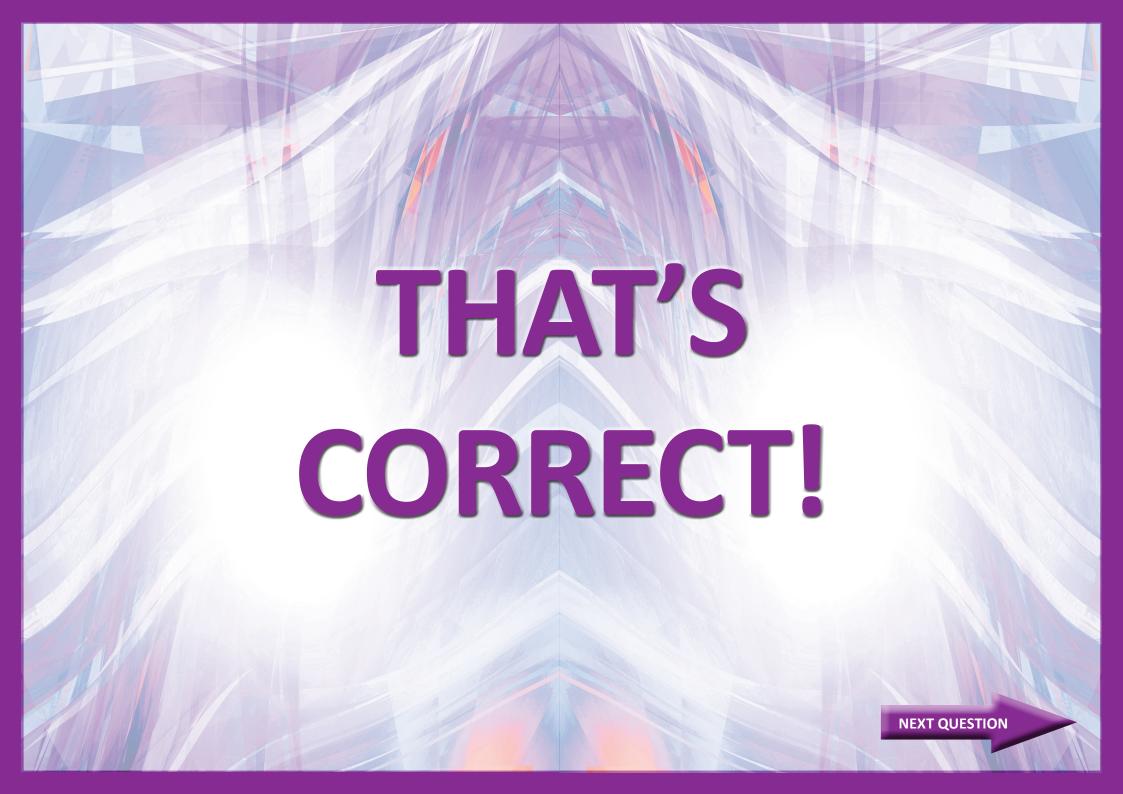




When a diver is completing a somersault, around which axis is the rotation occurring?

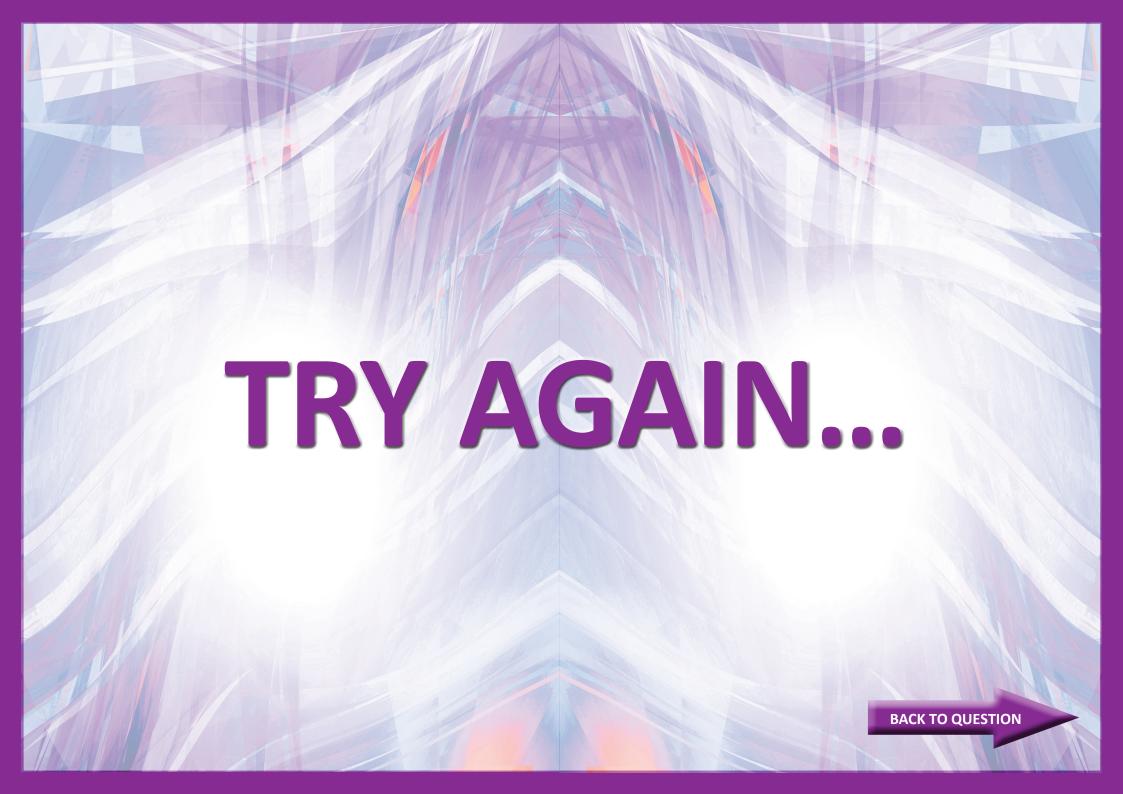
- A. Medial axis
- B. Vertical axis
- C. Sagittal axis
- D. Transverse axis

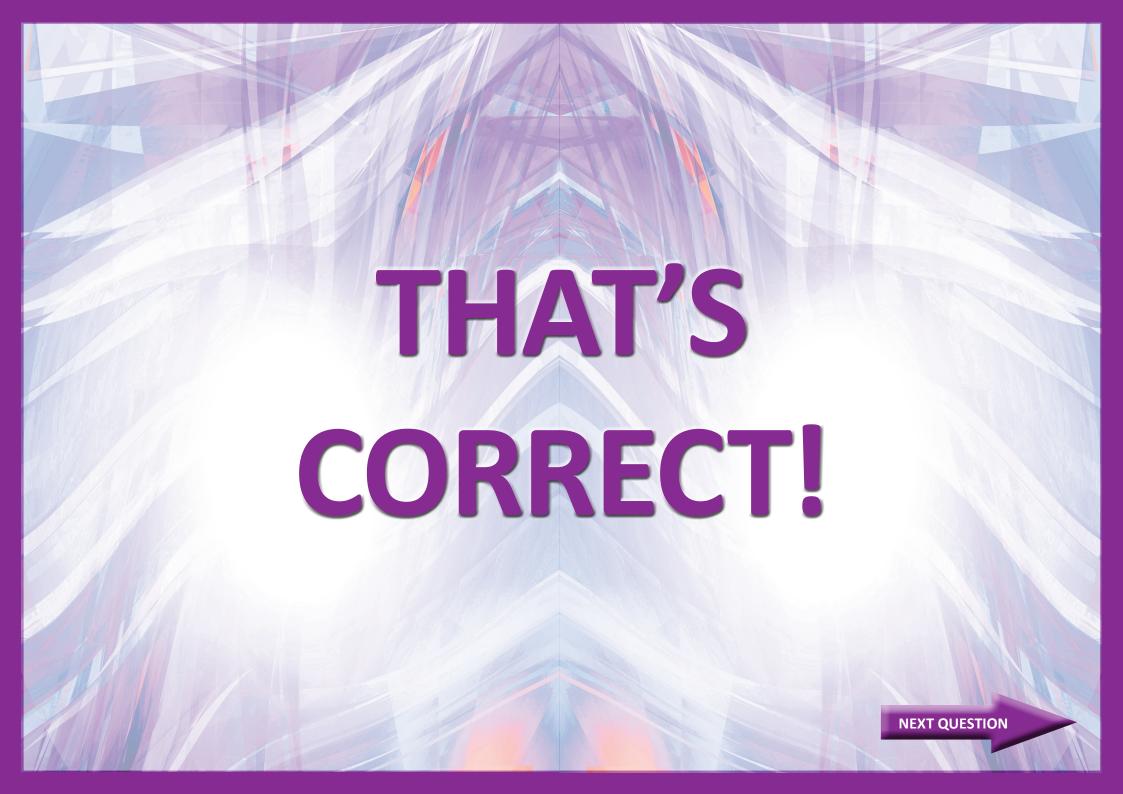




When swimming, which part of the body is involved in angular motion?

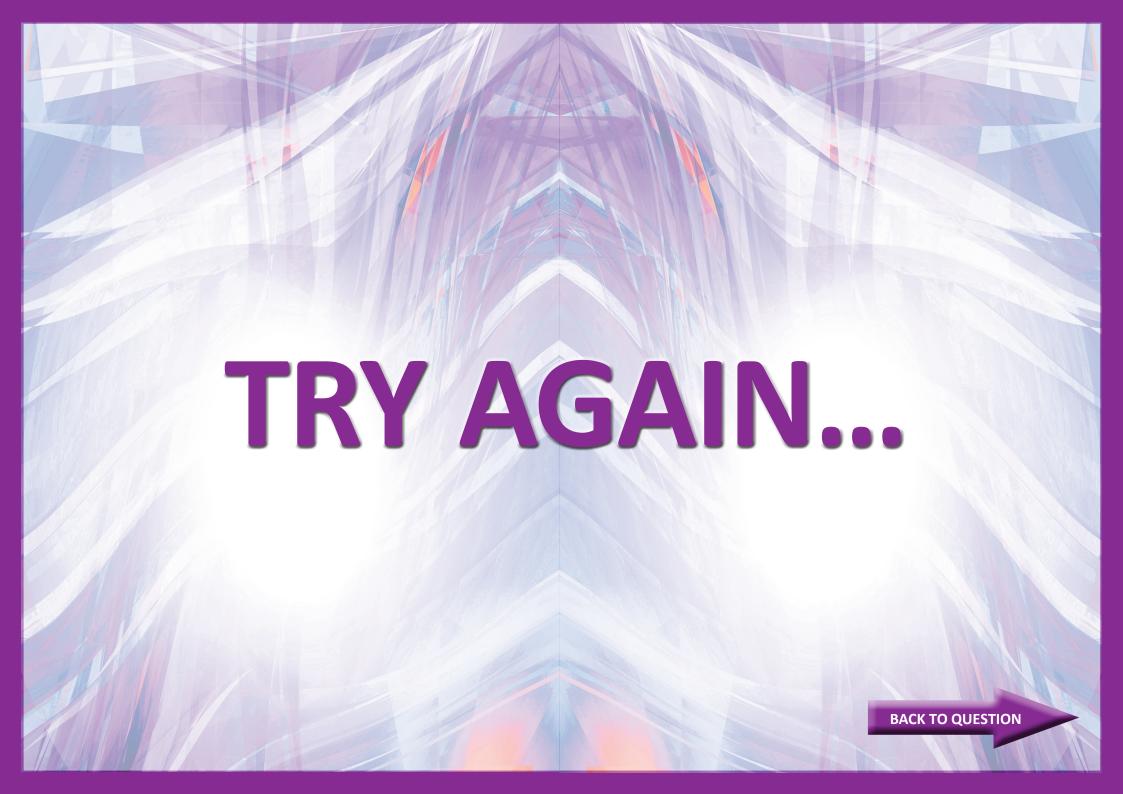
- A. Hip
- B. Knee
- C. Shoulder
- D. Wrist

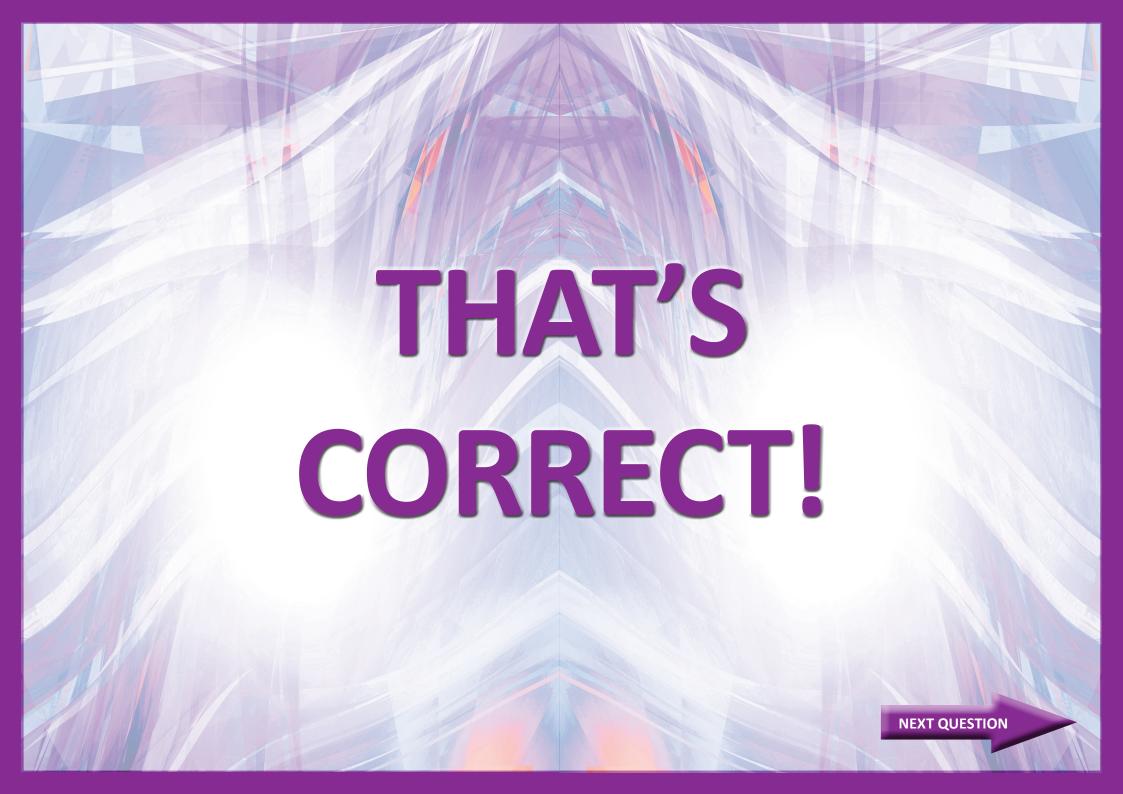




Question 7
What is general motion?

- A. Motion of the body as a whole
- B. A combination of linear and angular motion
- C. The combined motion of all body parts involved in an action
- D. Any motion in a forward or backward direction





Question 8
Which of the following is an example of general motion?

- A. Swimming
- B. Kicking a football
- C. Throwing a softball
- D. Shooting a netball

