KinX Learning
Digital Products in the Kinesiology of Exercise

# QUIZ
## Kinesiology of Exercise ebook Volume 12 – Biomechanical Considerations of Exercise

1. Biomechanics deals with which of the following?
- A. Muscle function in exercise
- B. Muscle contraction in exercise
- C. Movement technique in exercise
- D. Sport uses in exercise

2. The main muscle involved in concentric contraction in an exercise is called which of the following?
- A. Agonist
- B. Antagonist
- C. Assistant Mover
- D. Stabilizer

3. Which of the following is not a type of muscle contraction?
- A. Isometric
- B. Isocentric
- C. Eccentric
- D. Concentric

4. When moving a weight in a strength exercise what are the components of muscle force?
- A. Magnitude only
- B. Magnitude and direction
- C. Magnitude, direction, point of application
- D. Magnitude, direction, point of application and line of force

5. When doing a strength exercise which of the following is true regarding angle of muscle pull?
- A. The strength exhibited at different points in the range of motion varies due to the angle of muscle pull
- B. The strength exhibited at different points in the range of motion remains the same due to the angle of muscle pull
- C. The angle of muscle pull only applies to the early range of movement
- D. None of the above

6. Exercise movements follow which of the following?
- A. Newton's Laws of Motion
- B. Ohms Laws for Resistance
- C. A and B
- D. None of the above

7. Work is defined as Force times Distance, W = F x D. In which of the following is there no work performed?
- A. Moving a weight in a concentric contraction
- B. Moving a weight in an eccentric contraction
- C. Moving a weight in an isometric contraction
- D. A and B

8. Which of the following is true about Levers?
- A. All exercise involve levers created by the body limbs or the body itself
- B. There are three major classes of levers in the body: first, second and third
- C. A and B
- D. None of the above

9. If a first class lever is similar to a see-saw in that it has a fulcrum and balance point between the force and resistance then which exercise uses this type of lever?
- A. Sit-up
- B. Pushup
- C. Squat
- D. Heel Raise

10. If a second class lever is similar to a wheel-barrow in that the weight (resistance) is distributed between the axis of rotation and the application of force then which exercise uses this type of lever?
- A. Sit-up
- B. Pushup
- C. Squat
- D. Heel Raise

***Answers: 1.C 2.A 3.B 4.D 5.A 6.A 7.C 8.C 9.D 10.B***