

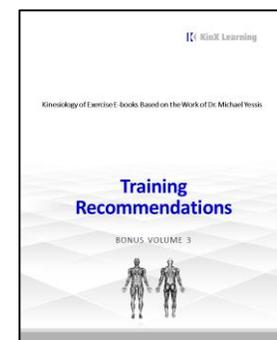
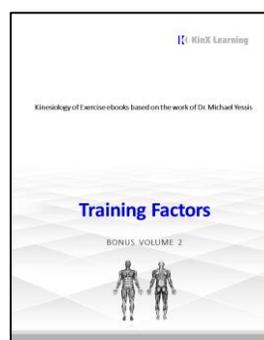
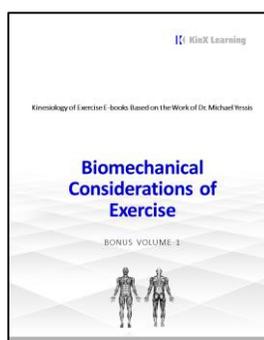
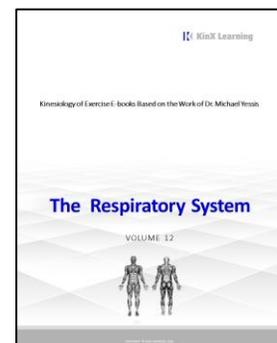
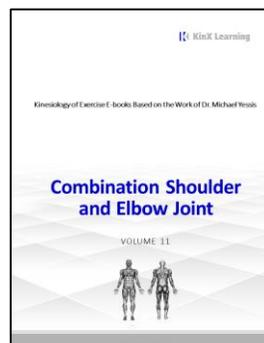
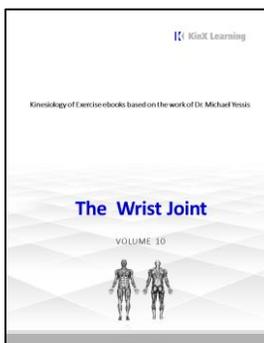
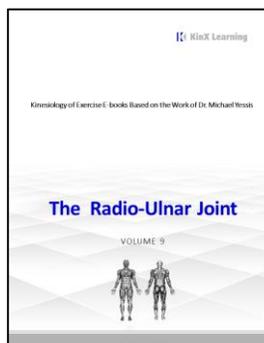
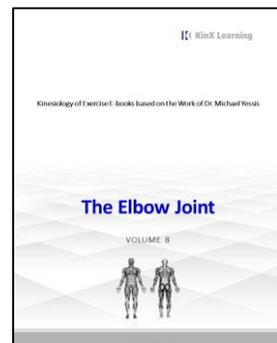
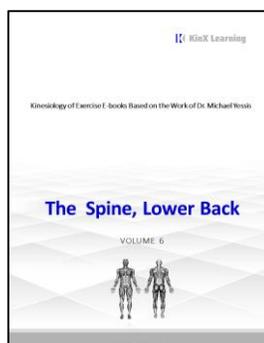
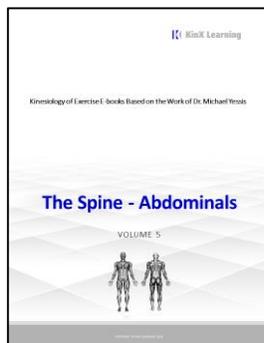
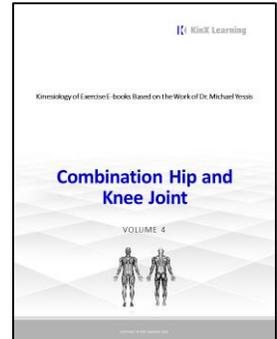
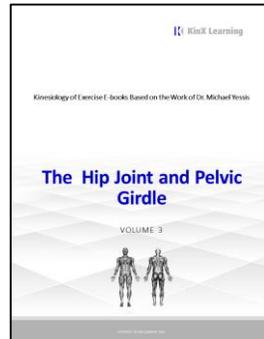
QUIZ

Kinesiology of Exercise EBook Bonus Volume 1 – 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, $W = F \times D$. 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

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