

# **Physical Education Studies Year II General**

## **CHAPTER 4: Biomechanics**

**NEXT** 

## 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

ARE YOU READY?

## Question 1

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

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## Question 2

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 consistently a body moves

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 



### Question 3

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

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 4

When completing a sit-up, where is the axis of rotation?

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

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

**Question 5**

**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**

**TRY AGAIN...**

**BACK TO QUESTION**





**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### Question 6

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

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

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

## 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

**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT QUESTION** 

### 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



**TRY AGAIN...**

**BACK TO QUESTION**



**THAT'S  
CORRECT!**

**NEXT** 



**CONGRATULATIONS!**  
**YOU HAVE COMPLETED**  
**THE CHAPTER 4 QUIZ**