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# SPORTS SCIENCE – BIOMECHANICS

## EXAM

**Biomechanics - Correct Answers** -The study of scientific factors as they apply to the human body and sports implements in motion.

**Biomechanics allows us to: - Correct Answers** -Correct technical errors; Reduce/prevent injury; Improve equipment design

**Applying Biomechanics - Correct Answers** -1. Basic Human Movement - walk, lift, swim, pull, strike, push, throw, jump, run etc

2. Daily Living Tasks - carrying objects, push vs pull, sit vs stand, lift vs place

3. Environmental Factors - water or air and how that impacts on movement of humans or objects

**Linear Motion - Correct Answers** -When all parts of the body are travelling in the same direction, at the same time over the same distance.

**Summation of forces is influenced by: - Correct Answers** -Number of body parts in the movement; Order and timing of their involvement; Force and velocity generated; Way the body parts are stabilized and balanced.

**Work or Mechanical Work - Correct Answers** -Product of the force applied to an object and the distance over which the object moves in the direction of that force.

**Formula to calculate work - Correct Answers** -Work = force x displacement

**Momentum - Correct Answers** -A product of mass and velocity, how heavy and object is and how fast it is moving.

**Angular Motion - Correct Answers** -When a body or a section of the body moves in a circular motion around a central axis, so that all parts of the body all move through the same angle, in the same direction in the same amount of time.

**General Motion - Correct Answers** -A combination of linear and angular motion.

**Speed - Correct Answers** -Describes only how quickly the body is moving.

# Exercise And Sports Science Exam Questions

**AW Chickering**



## **Exercise And Sports Science Exam Questions:**

## Reviewing **Exercise And Sports Science Exam Questions**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Exercise And Sports Science Exam Questions**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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