

Physical Education Studies Year 12 General

CHAPTER 4: Biomechanics

NEXT

Welcome to the quiz for Chapter 4

- You will be given 9 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

Which of the following best describes the graduated contraction of a muscle to achieve a controlled movement?

- A. Isometric force
- B. External force
- C. Maximal isotonic force
- D. Submaximal isotonic force



TRY AGAIN...

[BACK TO QUESTION](#)



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 2

Gripping a racket is an example of which of the following types of applied forces?

- A. Isometric force
- B. External force
- C. Maximal isotonic force
- D. Submaximal isotonic force



TRY AGAIN...

[BACK TO QUESTION](#)



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 3

Which of the following best describes the force coming back from the running track when an athlete is sprinting?

- A. Applied force
- B. Reaction force
- C. Projectile force
- D. Inanimate force



TRY AGAIN...

BACK TO QUESTION

The background features a group of athletes in a stadium, overlaid with a semi-transparent purple filter. The athletes are wearing white tracksuits with various national identifiers and numbers. The text 'THAT'S CORRECT!' is prominently displayed in the center in a large, white, bold font with a slight drop shadow.

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 4

Why does a fielder in cricket cradle the ball on impact, making sure there is some 'give' in the hands?

- A. For a better recovery to throw
- B. To create greater impulse on the ball
- C. To fool the batter
- D. To absorb the force on the ball



TRY AGAIN...

[BACK TO QUESTION](#)



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 5

Using a video of performance to analyse technique is an example of which of the following?

- A. Reflective analysis
- B. Qualitative analysis
- C. Third-party analysis
- D. Quantitative analysis



TRY AGAIN...

[BACK TO QUESTION](#)



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 6

Most skills can be broken down into which of the following series of phases for observation?

- A. Instruction, practice, mastery
- B. Learner, intermediate, advanced
- C. Preparation, execution, follow-through
- D. Cognitive, associative, automated

TRY AGAIN...

BACK TO QUESTION

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**THAT'S
CORRECT!**

NEXT QUESTION 

Question 7

Movements occurring in the sagittal plane are best observed from which of the following?

- A. Side of the body
- B. Back of the body
- C. Top of the body
- D. A variety of angles

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 8

Movements occurring in the transverse plane are best observed from which of the following?

- A. Side of the body
- B. Back of the body
- C. Top of the body
- D. A variety of angles



TRY AGAIN...

[BACK TO QUESTION](#)



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 9

Which of the following is NOT an example of a quantitative measure of performance?

- A. Time
- B. Distance
- C. Goals scored
- D. Commentary

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT



CONGRATULATIONS!
YOU HAVE COMPLETED
THE CHAPTER 4 QUIZ