1. Which of the following is the study of a system of information related to Motion?

(a) Physiology
(b) Anatomy
(c) Bio-mechanics
(d) Kinesiology.

2. Biomechanics can play a crucial role in ..... .

(a) Injury prevention
(b) Performance enhancement
(c) Physical movement
(d) Both (a) and (b).

3. Understanding of proper sports and exercise movements will allow the participant to be more ..... for long-term development.

(a) Efficient
(b) Technically sound
(c) Prone to good habits
(d) All of these.

4. Coaches should make use of the methods of..... biomechanics analysis in their everyday practice to produce changes in the technique used by their students.

(a) Quantitative
(b) Qualitative.
(c) Effective
(d) None of these

5. Sophisticated sports equipment gives advantage to ..... athletes.

(a) Elite
(b) Recreational
(c) Both (a) and (b).
(d) None of the above

6. This type of movement takes place when the angle decreases between the two bones attached to a joint. It is ..... .

(a) Adduction
(b) Abduction
(c) Extension
(d) Flexion.

7. Which is not the Importance of Biomechanics

A. Improvement of Technique
B. To understand the structure of Movement & effect of forces on the Movement
C. To understand Physiology of human body.
D. Improvement of sports Equipments

8. Newton’s IInd law is also known as

(a) Law of Action Reaction
(b) Law of Inertia
(c) Law of Acceleration.
(d) Law of velocity

9. Match the following.

(a) Flexion	(i) Increase in Angle
(b) Extension	(ii) Away from Mid line of body
(c) Abduction	(iii) Towards the Mid line of body
(d) Adduction	(iv) Decrease in angle

1. a–IV, b–I, c–III, d–II
2. c–II, d–III, a–I, b–IV.
3. a–IV, b–I, c–II, d–III
4. c–I, d–IV, a–III, b–II

10. Bending of Elbow when our hand is going toward our chest is

(a) Flexion.
(b) Extension
(c) Abduction
(d) Adduction

11. Opening of hand **sidewise** when our hand is moving away from body is example of

(a) Abduction.
(b) Adduction
(c) Flexion
(d) Extension