

Nalanda College – Colombo 10

Unit Evaluation

Grade 11

Health and PE

03. Let us identify principles of biomechanics to maintain correct postures

Part 1

- Answer all question

1. It is not a factor that affects the individual's posture
 - i. Body weight
 - ii. Age of the person
 - iii. Body shape
 - iv. Body color
2. The energy expended by the body in maintaining correct posture is,
 - i. Minimum
 - ii. Maximum
 - iii. Energy is not spent
 - iv. Cannot be specified
3. Lying and walking are essential posture of everyday life , and these posture respectively include in
 - i. Static and dynamic
 - ii. Dynamic posture
 - iii. dynamic and static posture
 - iv. static posture
4. A dynamic for posture in our day to day life is
 - i. Lying
 - ii. Sitting
 - iii. Standing
 - iv. Jumping
5. The property of Resistance of a body that remains at rest to move or the resistance of the body that is in motion to stop is,
 - i. Centre of gravity
 - ii. Momentum
 - iii. Inertia
 - iv. Force
6. An effect that causes an object which remains at rest to move or which change the nature of motion of an object in motion is called
 - i. Centre of gravity
 - ii. Momentum
 - iii. Inertia
 - iv. Force
7. is a measure of how difficult it is to stop the motion of an object in motion
 - i. Centre of gravity
 - ii. Momentum
 - iii. Inertia
 - iv. Force
8. Which is the situation that player's body become a Projectile
 - i. When in triple jump event
 - ii. When catching the ball in cricket
 - iii. when in discus throw event
 - iv. When batting in cricket
9. Releasing an object to the air is called
 - i. Projection
 - ii. Projectile
 - iii. Momentum
 - iv. force
10. A factor does not affect to the distance or the height of the jump of an athlete
 - i. Velocity of take –off
 - ii. Height of take – of
 - iii. Angle of take- off
 - iv. point of taking off

Part 1

- Answer all question

1.

- i. What is correct posture
- ii. What are the advantages of correct postures
- iii. What are the factors that affect to the person's posture

2.

- i. Mention bio mechanical factors that affect to the correct posture
- ii. Write the factors that affecting to the distance or the height of the jump of an athlete
- iii. Write the factors that determine the distance of the throwing events
- iv. Mention three dynamic and static postures
- v. Briefly explain concept of projection and projectile