

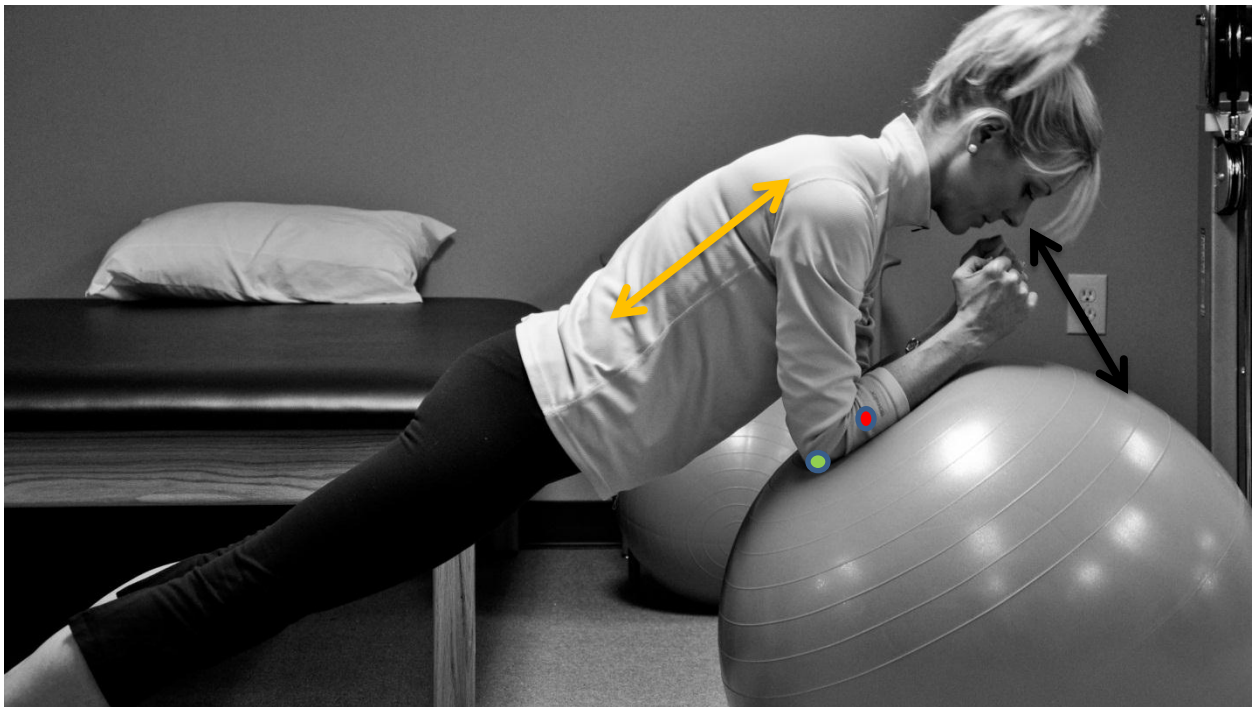
RHS 341

Kinesiology (Practice) 2nd midterm

Q1: In the picture below a lady is doing push up exercise on Swiss ball, answer the following questions:

(3 points)

1. Can you locate in the picture the fulcrum, effort and load?
2. Which kind of lever is this?
3. What is the advantage(s) (or characteristics) of this lever system?



Load Fulcrum Effort

It is first class lever

Characteristics are:

1. **balanced movement**
2. **speed and range of motion**
3. **force**

Q2: Can you locate in the picture the center of gravity point?

(0.5 point)



Will be above the umbilicus

Q3: The ideal standing posture is one in which the line of gravity runs through several landmarks, what are these landmarks and draw the line? (1.5points)

- Through the mastoid process
- Just in front of the shoulder joint
- Just behind the hip joint
- Just in front of the center of the knee joint
- In front of the ankle joint

