

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?



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

(0.5 point)



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)



