

Name: _____

Form: _____

SECTION A - MULTIPLE CHOICE :

1. Linear motion occurs in a :
A/ straight line.
B/ curved path.
C/ circular path.
D/ random path.
2. Rotary motion occurs in a :
A/ straight line.
B/ curved path.
C/ circular path.
D/ random path.
3. The distance a ball can be thrown depends on :
A/ velocity of release.
B/ angle of release.
C/ height of release.
D/ all of the above
E/ none of the above.
4. The statement that " An object will remain at rest unless acted upon by a force." is an example of :
A/ Newton's first law.
B/ Newton's second law.
C/ Newton's third law.
5. The statement that "For every action there is an equal and opposite reaction." is an example of :
A/ Newton's first law.
B/ Newton's second law.
C/ Newton's third law.
6. The law of "Acceleration" is an example of :
A/ Newton's first law.
B/ Newton's second law.
C/ Newton's third law.
7. The greater an object's mass then the greater its :
A/ inertia.
B/ force required to move it.
C/ resistance to move.
D/ all of the above.
E/ none of the above.
8. An example of sliding friction is :
A/ ten pin bowling.
B/ snow skiing.
C/ snooker / billiards.
D/ cycling.
9. An example of rolling friction is :
A/ running.
B/ ice hockey.
C/ gymnastics somersault.
D/ lawn bowls.
10. Velocity equals :
A/ distance divided by time.
B/ momentum divided by time.
C/ displacement divided by time.
D/ force divided by time.

SECTION B - SHORT ANSWER QUESTIONS :

- 1. Define the term FORCE.**

_____ / 2

- 2. List four factors that affect STABILITY.**

(i) _____
(ii) _____
(iii) _____
(iv) _____ / 4

- 3. Give four examples of LEVERS in sport.**

(i) _____ (ii) _____
(iii) _____ (iv) _____ / 4

- 4. Give three sporting examples of where FRICTION is deliberately INCREASED in order to improve performance.**

(i) _____
(ii) _____
(iii) _____ / 3

- 5. Give three sporting examples of where FRICTION is deliberately DECREASED in order to improve performance.**

(i) _____
(ii) _____
(iii) _____ / 3

- 6. State the effect of the following SPINS on the FLIGHT of a ball.**

(i) TOPSPIN : _____
(ii) BACKSPIN : _____
(iii) SIDESPIN : _____ / 3

7. State the effect of the following SPINS on the BOUNCE of a ball.

(i) TOPSPIN : _____

(ii) BACKSPIN : _____

(iii) SIDESPIN : _____ / 3

8. Give three examples of activities that require SIMULTANEOUS FORCE SUMMATION.

(i) _____

(ii) _____

(iii) _____ / 3

9. Give three examples of activities that require SEQUENTIAL FORCE SUMMATION.

(i) _____

(ii) _____

(iii) _____ / 3

10. What is the average velocity of a runner whose time for the 200 metre race is 25 seconds ?

_____ / 2

MULTIPLE CHOICE = / 10

SHORT ANSWER = / 30

TOTAL = / 40

SECTION A : 1 - A 2 - C 3 - D 4 - A 5 - C 6 - B 7 - D 8 - B 9 - D 10 - C

SECTION B :

- 1. FORCE = a push or pull.**
- 2. Mass, area of base of support, alignment of base of support, alignment of C of Gravity,
Height of C of Gravity**
- 3. Arms / legs, bat, racquet, boat paddle / oar.**
- 4. Spikes on running shoes, wax on surfboards, footy gloves, slick tyres, etc.**
- 5. Wax on dance floors, wax on skis, bike tyres, polished lawn bowls, etc.**
- 6. TOPSPIN - ball dips quickly BACKSPIN - ball hangs in the air SIDESPIN - ball curves**
- 7. TOPSPIN - ball bounces fast and low
BACKSPIN - ball bounces high and slow
SIDESPIN - ball kicks to the side**
- 8. Long jump, high jump, gym vault, etc.**
- 9. Shot put, baseball pitch, football kick, etc.**
- 10. 8 m / sec. (200 divided by 25)**