

Human Body as a lever

1. Name the components of the lever system.
2. Find three photographs of different sports performers in action and the lever system used.

PRACTICE QUESTIONS

1. Which class of lever system will sports performers use the most when participating in physical activity?
2. State the two functions of levers.
3. Identify the class of lever and the components of the lever system in use during a biceps curl.
4. Figure 7.7 shows a diver preparing to leave the starting blocks and a close up of the foot position once the signal to start has been given.

Analyse the role of the second class lever system as the diver leaves the starting blocks.

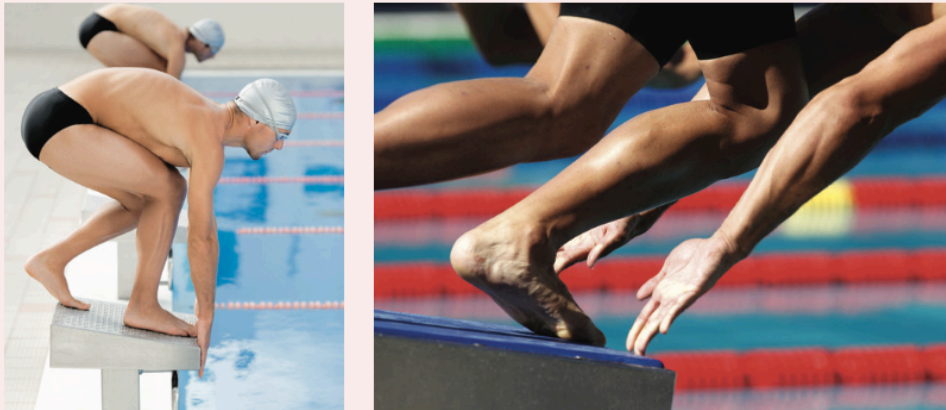


Figure 7.7 Use of second class lever system in sport

5. Giving an example from sport and physical activity, describe mechanical advantage.