



Question 11
Not yet
answered

Marked out of 1.50 P Flag question Time left 0.26.32

How should the subject's elbows be positioned during the Jackson strength evaluation test

- O a. Locked straight in front
- O b. Slightly flexed at 45 degrees
- O c. Fully extended downward

O d. Bent at a 90-degree angle

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Question 12 What is the primary purpose of the Jackson Strength Evaluation System in this experiment. Notyet answered

- O a To measure muscle flexibility in various positions
- O b. To calculate aerobic capacity while lifting weights
- O c. To assess cardiovascular endurance during running

d To measure isometric strength in a standing position

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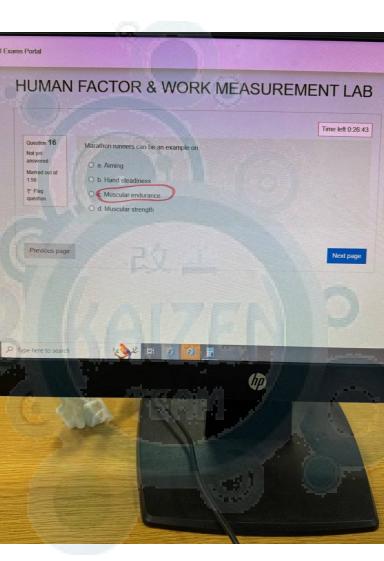


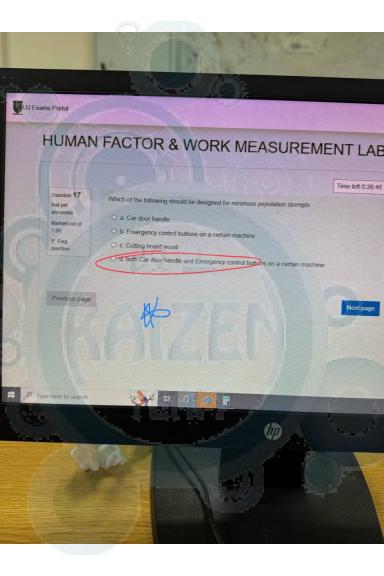




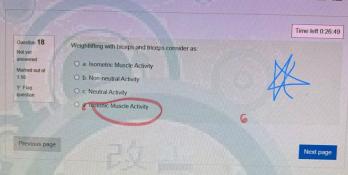




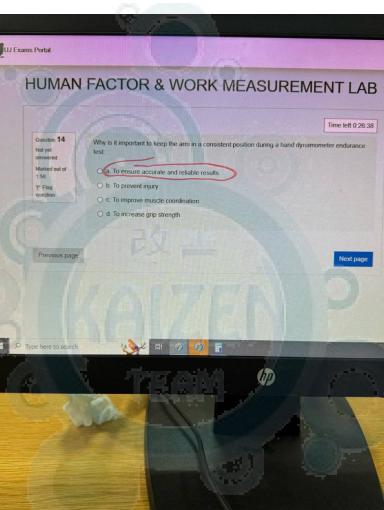


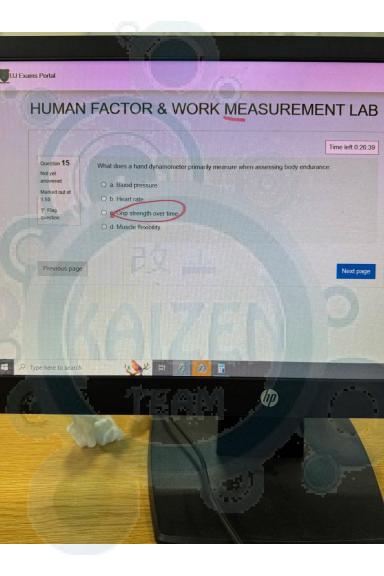


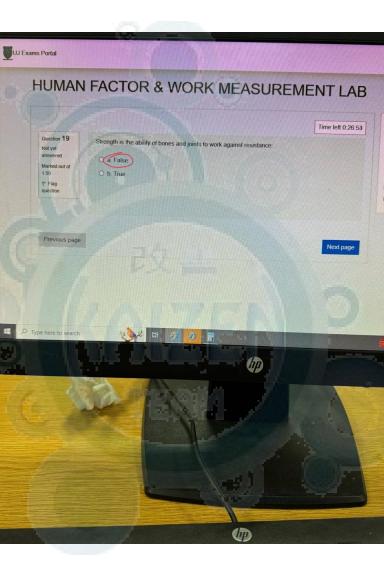






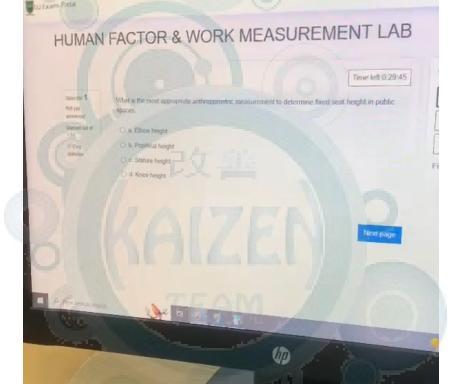


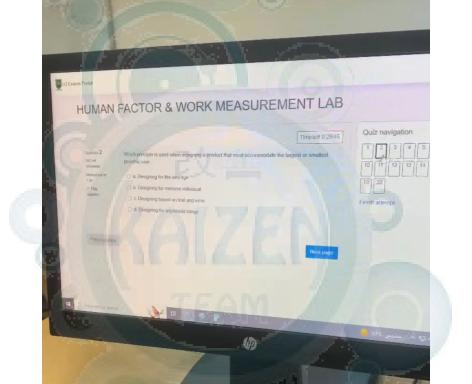




Time left 0:26:57 Question 20 What should be done if the peak and average values differ on the Jackson unit cell Not yet answered O a. Use the higher value Marked out of 1.50 O b. Use only the average value T Flag O c. Use the peak value only question O d. Average the two values Previous page Finish attempt.







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What is the typical coefficient of variance (CV) range for body dimension data:

O a. 1% - 5%

O b. 3% - 10%

O c. 10% - 85%

O d. 20% - 50%

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F Flag question Which type of anthropometric measurement is taken while the body is engaged in movement

- O a Percentile-based
- O b. Average
- O c. Static
- O d Dynamic

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Question 5 Not yet

Not yet answered

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When designing for adjustability, which percentile range is typically used to accommodate the majority of a 50/50 mate/female population:

- O a 1st to 99th percentile
- o b 5th percentile female to 95th percentile male
- O c. 10th to 90th percentile
- O d. 25th to 75th percentile

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Question 6

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Which of the following describes isometric muscle activity:

- O a. Muscles relax under tension
- O b. Muscles contract or elongate dynamically
- O c. Muscles change length and cause movement
- d. Muscle tension increases without a change in length or movement

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Question 7

Not yet answered

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F Flag

What is the correct arm position for the subject during the grip strength test

- O a. Arms crossed over the chest
- O b. Elbow at 90, forearm supported, back straight
- O c. Elbows fully extended with hands raised
- O d. Hands behind the back

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How does ulnar deviation affect grip strength:

- O a. it reduces grip strength due to tendon Inction
- O b. It has no effect on grip strength
- o It only affects non-dominant hand strength
- O d. It increases grip strength

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Question 8

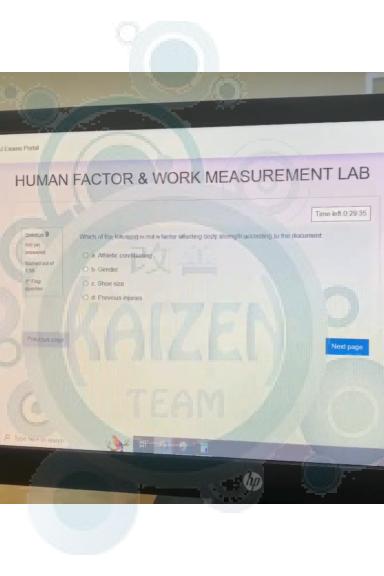
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Why is a important not to allow jerky movements when lifting the handle during the Jackson strength evaluation test.

- O a. To increase resistance for better endurance training
- b. To ensure the peak reading is as high as nonsible
- O c. To reduce the risk of breaking the chain
- O d To maintain accuracy and avoid injury

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Question 11

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How should the subject's elbows be positioned during the Jackson strength evaluation test:

- O a Locked straight in front
- O b. Bent at a 99-degree angle
- O c Slightly flexed at 45 degrees
- O d Fully extended downward

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Not yet answered

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What is the primary purpose of the Jackson Strength Evaluation System in this experiment

- O a. To assess cardiovascular endurance during running
- O b. To measure muscle flexibility in various positions
- O c. To calculate aerobic capacity while lifting wangers
- O d. To measure isometric strength in a standing position

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Question 13

Nor yet answered

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Strength represents physical pseudrol paralles.

O a False

Q b True

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TEAM



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Why is it important to keep the arm in a consistent position during a hand dynamometer endurance test

- O a To improve muscle coordination
- O b. To prevent injury
- O c. To ensure accurate and reliable results
- O d. To increase grip strength

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What does a hand dynamometer primarily measure when assessing body endurance:

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O a B

duestion.

O a Blood pressure

O b. Gnp strength over time

O c. Muscle flexibility

O d Heart rate

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TEAM



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Marathon runners can be an example on:

- O a Aiming
- O b Muscular endurance
- O c Hand steadiness
- O d Muscular strength

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Question 17 an weren

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Which of the following should be designed for minimum population strength: Not yet

- O a. Cutting board wood
- O b Car door handle
- O c. both Car door handle and Emergency control buttons on a certain machine
- O d Emergency control buttons on a certain machine



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Question 18

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- O a Neutral Activity
- O b. Isotonic Muscle Activity
- O c. Non-neutral Activity
- O d. Isometric Muscle Activity

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Question 19

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Strength is the ability of bones and joints to work against resistance:

O a True

O b False

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TEAM



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Question 20

Not yet answered

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What should be done if the peak and average values differ on the Jackson unit cell:

- O a Use the higher value
- O b. Average the two values
- O c. Use the peak value only
- O d. Use only the average value



