

ACADEMIC LANGUAGE QUIZ

1

The ability to adjust the distribution of weight in order to remain upright and steady.

- a. Coordination
- b. Balance
- c. Rotation
- d. Sequence

2

Any shape that makes a mirror image when divided in half.

- a. Asymmetrical
- b. Body Control
- c. Upright
- d. Symmetrical

3

The maximum amount of force a muscle can produce in a single effort.

- a. Muscular Strength
- b. Muscular Endurance
- c. Muscle Tension
- d. Personal Space

4

A change in the center of gravity beyond its base of support in order to create movement or generate force.

- a. Transition
- b. Transfer of Weight
- c. Rotation
- d. Relationship

5

Being protected against physical, social, and emotional harm.

- a. Speed
- b. Level
- c. Safety
- d. Locomotor

6

The ability to bend and move the joints through the full range of motion.

- a. Flexibility
- b. Leap
- c. Direction
- d. Flow

7

The area beneath a person that includes all points of contact the person makes with the supporting surface.

- a. Counterbalance
- b. Body Awareness
- c. Body Control
- d. Base of Support

8

In a vertical position with your head above your waist.

- a. Inverted
- b. Upright
- c. Curved
- d. Straight