

## Lever Systems Questions

1. The picture below shows a performer 'taking-off' in the sport of long jump. Identify the type of lever system being used at the ankle joint and outline the fulcrum, load and effort. **(4 Marks)**




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2. A bicep curl is being performed in the image below. Identify the type of lever system being used. Justify your answer. **(2 marks)**




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3. First class lever systems have a mechanical advantage. Describe what is meant by a mechanical advantage. **(2 Marks)**

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4. Give an example of a first-class lever system. **(1 Marks)**

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