



Development of innovative training solutions in the field of functional evaluation aimed at updating of the curricula of health sciences schools



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MODULE BIOMECHANICS FOUNDATIONS

Didactic Unit A: MOVEMENTS

Self-Questionnaire

Self-questionnaire:

- Self-questionnaire aimed to test the knowledge acquired.
- It will include 5 objective questions with 4 answer options.
- Mark in bold the correct answer.

Type of questions:

- **Drag and drop into text:** Students select missing words or phrases and add them to text by dragging boxes to the correct location. Items may be grouped and used more than once.
- **Drag and drop markers:** Students drop markers onto a selected area on a background image. Unlike the drag and drop onto image question type, there are no predefined areas on the underlying that are visible to the student.
- **Drag and drop onto image:** Students make selections by dragging text, images or both to predefined boxes on a background image. Items may be grouped.
- **Matching:** A list of sub-questions is provided, along with a list of answers. The respondent must “match” the correct answers with each question.
- **Multichoice:** With the Multichoice question type you can create single-answer and multiple-answer questions, include pictures, sound or the other media in the question and/or answer options and weight individual answers.
- **Select missing words:** Students select a missing word or phrase from a dropdown menu. Items may be grouped and used more than once.
- **True/False:** In response to a question (that may include an image), the respondent selects from two options: True or False.

Question 1

Regarding kinetics and kinematics.....:

- A Kinematics answer the questions about why a body moves
- B Kinematics describes the forces that act over a body to produce movement
- C Kinetics answer the questions about how a body moves.
- D **Kinetics answer the questions about why a body moves**

Question 2

Which of this variable is a vector variable?

- A Temperature
- B Mass
- C **Acceleration**
- D Angle

Question 3

The module/magnitude of a vector $\vec{P} = \vec{i} - \vec{j} + 3\vec{k}$ is equal to

- A 5
- B **3.31**
- C 3
- D None of the above.

Question 4

Mark the wrong answer

- A Instantaneous velocity is a vector resulting of the derivative of the position vector with respect to time.
- B The international system (SI) units for angular acceleration are meters per square seconds $\left[\frac{rad}{s^2}\right]$.

- C In the case that acceleration is constant in linear movements, velocity cannot be calculated
- D Sign of position, velocity and acceleration vectors depend on where they are located in the cartesian coordinate system.

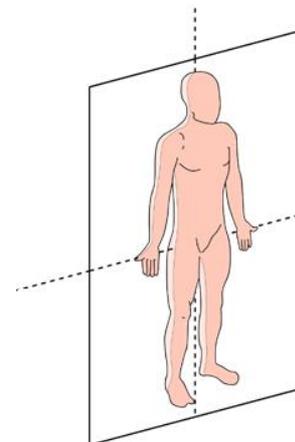
Question 5

Relate each box with its corresponding image:

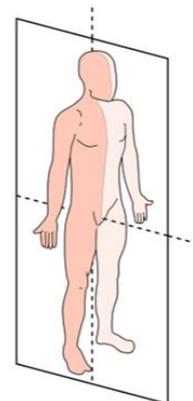
A. Plane: Sagital
Axis: Vertical and Anteroposterior
Movement: Flexo-extension

C. Plane: Horizontal
Axis: Transverse and Anteroposterior
Movements: Rotation

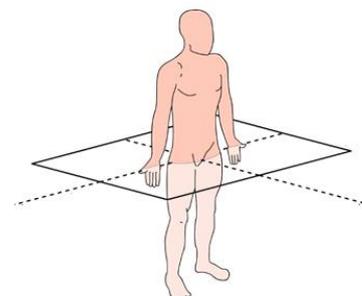
B. Plane: Frontal
Axis: Vertical and Lateral
Movement: Abduction-adduction



1



2



3



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