

## FORM 10.1 Momentum Quiz

The buildup of momentum is very common in fitness activities. Many of these high-momentum movements are contraindicated because of the eccentric overload or lack of control. To test your skill in recognizing momentum and the risk it may present, try the following quiz. The answers to the quiz may be found in the online resource for this book.

For each of the following exercises, identify

1. how the momentum is produced ( $\text{mass} \times \text{velocity}$ ) and
2. possible adverse effects.

### Example

Full neck circles

1. The head is quite heavy; if circles are done quickly, momentum will affect the neck.
2. Facet joints of the cervical spine will be jammed during the hyperextension phase; may affect the neck arteries.

### Quiz

1. Straight-leg speed sit-ups

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2. Stepping down and up quickly from a high aerobic step (bench)

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3. Full squat with barbell

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4. Throwing a plyoball with one hand

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5. Changing directions quickly in a squash game

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6. Two-handed kettlebell swing

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7. Forward-step deep lunge

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