

Question	Answer	A	B	C	D	E	Feedback
The centre of mass (COM) is defined as:	C	The point halfway along an object's vertical length.	The point at which the entire weight of an object is assumed to be concentrated.	The point that corresponds to the mean (average) position for the concentration of the entire matter in the body or segment.	A value that is half of the total mass of an object.	Non-existent.	The centre of mass can be defined as the point that corresponds to the mean (average) position for the concentration of the entire matter in the body or segment.
The centre of gravity (COG) is defined as:	E	The point that corresponds to the mean (average) position for the concentration of the entire matter in the body.	The point halfway along an object's vertical length.	A value that is half of the total mass of an object.	Non-existent.	The point at which the entire weight of an object is assumed to be concentrated.	The centre of gravity can be defined as the point at which the entire weight of an object is assumed to be concentrated.
A person is standing upright with their arms by their sides. If they were to move their arms up over their head, their centre of gravity should:	C	Move down towards the ground.	Be located at their feet so they don't fall over.	Move slightly upwards towards their head.	Stay in the same position.	Move laterally.	C is correct. As a portion of the body's weight is moved upwards further from the ground, the centre of gravity should also move further upwards from the ground.