Science

(www.tiwariacademy.com) (Chapter - 7) (Motion) (Exercises) (Class - IX)

Question 1:

An athlete completes one round of circular track of diameter 200 m in 40 sec. What will be the distance covered and the displacement at the end of 2 minutes 20 sec?

_Answer 1:

Time taken = $2 \min 20 \sec = 140 \sec$.

Radius, r = 100 m.

In 40 sec the athlete complete one round.

So, in 140 sec the athlete will complete = $140 \div 40 = 3.5$ round.

 \Rightarrow Distance covered in 140 sec = $2\pi r \times 3.5 = 2 \times 22/7 \times 100 \times 3.5 = 2200 m.$

At the end of his motion, the athlete will be in the diametrically opposite position.

⇒ Displacement = diameter = 200 m.

Question 2:

Joseph jogs from one end A to another end B of a straight 300 m road in 2 minutes and 30 sec and then turns around and jogs 100 m back to point C in another 1 minute. What are Joseph's average speeds and velocities in jogging (a) from A to B (b) from A to C?

_Answer 2:

(a) For motion from A to B:

Distance covered = 300 m

Displacement = 300 m.

Time taken = 150 sec.

We know that, Average speed = Total distance covered + Total time taken

Average velocity = Net displacement + time taken

 $= 300 \text{ m} + 150 \text{ sec} = 2 \text{ ms}^{-1}$

(b) For motion from A to C:

Distance covered = 300 + 100 = 400 m.

Displacement = AB - CB = 300 - 100 = 200 m.

Time taken = 2.5 min + 1 min = 3.5 min = 210 sec.

Therefore, Average speed = Total distance covered + Total time taken

$$= 400 \div 210 = 1.90 \text{ ms}^{-1}$$
.

Average velocity = Net displacement + time taken

= 200 m + 210 sec = 0.952ms⁻¹.

Question 3:

Abdul, while driving to school, computes the average speed for his trip to be 20 kmh⁻¹. On his return trip along the same route, there is less traffic and the average speed is 30 kmh⁻¹. What is the average speed of Abdul's trip?

_Answer 3:

Let one side distance = x km.

Time taken for forward trip at a speed of 20 km/h = Distance / Speed = x/20 h.

Time taken in return trip at a speed of 30 km/h = x/30 h.

Total time for the whole trip $=\frac{x}{20} + \frac{x}{30} = \frac{3x + 2x}{60} = \frac{5x}{60}$ h

Total distance covered = 2x km.

We know, Average speed = Total distance + Total time = 2x + (5x/60) = 24 kmh⁻¹.

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the 12 month basketball training program sport fitness advisor - Jul 15 2023

web the competitive basketball season may only last 6 7 months but a basketball training program stretches the full year round most players forget or just aren t aware that what they do in the off season plays a crucial role in how their season plays out

2 2 1 planning for the year world association of basketball - Nov 07 2022

web most sports people think of an annual plan or a periodised plan as being used to develop and improve an individual athlete s strength and conditioning as valuable as such a plan can be for the development of athletes coaches should not forget an annual plan for their own development an annual plan for the team