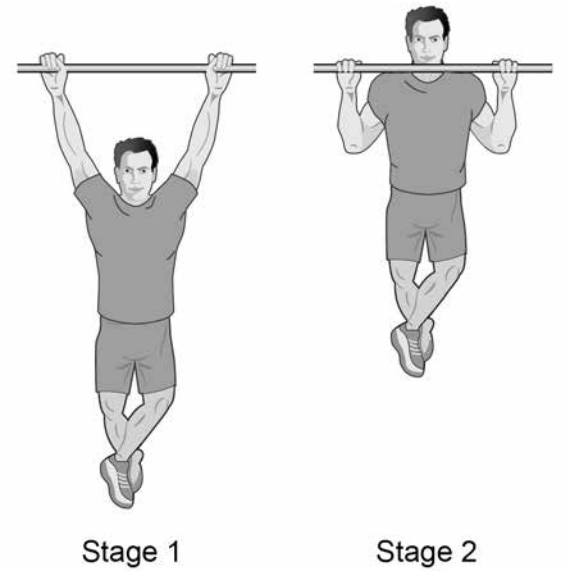
Do not write outside the box

0 3 **Figure 4** shows a man doing two stages of a pull up. In both diagrams the man is stationary.

Figure 4



0 3 . 1 Complete the sentence.

Choose the answer from the box.

[1 mark]

equal to	**less than**	**more than**

In stage 1 the downwards force of the man on the bar is _____ the upwards force of the bar on the man.

0 3 . 2 The man has a mass of 85 kg

Gravitational field strength = 9.8 N/kg

Calculate the weight of the man.

Use the equation:

weight = mass × gravitational field strength

[2 marks]

_____

_____

Weight = _____ N

Do not write outside the box

0 3 . 3 The man raises his body a vertical distance of 0.63 m to go from stage 1 to stage 2

Calculate the work done by the man.

Use your answer to question **03.2**

Use the equation:

work done = force × distance

[2 marks]

Work done = _____ J

0 3 . 4 The man was **not** moving at stage 2

How much work is done by the man at stage 2?

[1 mark]

Work done = _____ J

0 3 . 5 A woman uses the bar to do a pull up.

The woman has a mass of 62 kg

She accelerates at 11 m/s^2

Calculate the resultant force on the woman.

Use the equation:

force = mass × acceleration

[2 marks]

Force = _____ N

8

Turn over for the next question

Question	Answers	Extra information	Mark	AO / Spec. Ref.
03.1	equal to		1	AO1 6.5.4.2.3
03.2		an answer of 833 (N) **or** 830 (N) scores **2** marks		AO2 6.5.1.3
	weight = 85 × 9.8		1	
	weight = 833 (N)	allow weight = 830 (N)	1	
03.3		an answer that rounds to 525 (J) scores **2** marks		AO2 6.5.2
	work done = 833 × 0.63	allow their calculated value from question **03.2** × 0.63	1	
	work done = 525 (J)	allow an answer that is consistent with their calculated value from question **03.2**	1	
03.4	work done = 0 (J)		1	AO2 6.5.2
03.5		an answer of 682 (N) **or** 680 (N) scores **2** marks		AO2 6.5.4.2.2
	force = 62 × 11		1	
	force = 682 (N)	allow force = 680 (N)	1	
Total			**8**	