

Fluid Mechanics, Inc.

Developmental Pipeline Exam Answers

1. Place the four steps of the development process in sequential order.
 - a. Cement it
 - b. Learn it
 - c. Use it
 - d. Fix it

Answer: b, d, a, c

2. Match the steps of the development process to their appropriate characters.

Cement it	Apprentice
Learn it	Mechanic
Use it	Re-enforcer
Fix it	Warrior

Answer: Learn it= Apprentice, Fix it= Mechanic, Cement it= Re-enforcer, Use it= Warrior

3. In order to develop, the swimmer only has to complete the last two steps of the development process.

True False

4. Which of the following does FM consider Developmental characters? (check all that apply)

- a. Novice
- b. Quitter
- c. Learner
- d. Re-enforcer
- e. Warrior
- f. Mechanic
- g. Fighter
- h. Apprentice

Answer: a, d, e, f, h

5. Which character watches the developmental process?

- a. The Relater
- b. The Learner
- c. The Observer
- d. The Mechanic

Answer: c

6. The _____ is the character that measures intent and focuses on the relationship between the swimmer and the pressure field.
- a. The Relater
 - b. The Learner
 - c. The Observer
 - d. The Mechanic

Answer: a

7. Alpha occurs as the participant transfers from the _____ step to the _____ step of the development process?
- a. Learn it → Fix it
 - b. Learn it → Cement it
 - c. Cement it → Use it
 - d. Fix it → Cement it
 - e. Fix it → Use it

Answer: c

8. According to FM, the weather and time are referred to as _____.
- a. Constants
 - b. Controls
 - c. Weapons
 - d. None of the above

Answer: a

9. If a person focuses on constants, there is a high probability he/she will experience _____.
- a. Depression
 - b. Success
 - c. Realization
 - d. Anxiety

Answer: d

10. Match the following terms with their appropriate descriptions.

Blank	Recognize it exists, don't recognize you can change it
Control	Recognize it exists and recognize you can change it
Constant	Don't recognize it exists

Answer: Blank- don't and don't, Control- do and do, Constant- do and don't

11. FM uses Dimension 1 (D1) to blue print or regionalize the stroke.

True False

12. Which of the following structural properties in D1 are defining properties?

- a. Key
- b. Visual Definition
- c. Name
- d. Verbal Definition
- e. Physical Definition
- f. Common Terminology

Answer: b, d, e

13. The verbal definition is the fastest and most thorough way to deliver information.

True False

14. Which property number is the basis for the FM VisionWorks™ system?

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5
- f. 6

Answer: d

15. Match the following dimensions to their appropriate topics.

D2	Force
D3	Timing
D4	Hydro Dynamics

Answer: D2= Hydro, D3= Force, D4= Timing

16. During the Workshop in the fix it step of the Developmental Pipeline, participants are

- _____.
- a. Self guided
 - b. Consultant guided
 - c. Parent guided
 - d. Coach guided

Answer: b

17. Match the following types of mechanics to their appropriate descriptions.

New Mechanic	Uses sight and doesn't run the comparison
Developing Mechanic	Uses sight and runs the comparison
Seasoned Mechanic	Evaluates solely with proprioception

Answer: New- proprioception, developing- doesn't run comparison, seasoned- runs comparison

18. What does the person who watches things happen do with their controls and weapons?
- a. Builds controls, changes weapons
 - b. Doesn't build controls, can't change weapons
 - c. Builds controls, doesn't allow for change
 - d. Builds controls, doesn't change weapons

Answer: d

19. The 5 point check highlights the _____, or the most important controls that do not match the weapons.

Fill in the blank

Answer: x-factors, X-factors, X-Factors, x-Factors, x factors, X Factors, x Factors, X factors

20. The comparison compares the _____ to the _____.

Select all possibilities

- a. Representation to the of the weapon Control
- b. External Image to the Internal Image
- c. Constant and control
- d. Proprioception and sight
- e. All of the above

Answer: a and b *(can't have control and internal at same time and weapon and external)

21. If a consultant says to a swimmer, "hit the conversion," the swimmer will swim three laps. On the second lap the swimmer will perform _____.

- a. PG(s)
- b. The Marking Sequence
- c. PG(p)

Answer: b

22. The "G" in PG stands for _____ because the swimmer is running the control while they are running the weapon.

- a. Guide
- b. Gather
- c. Generate

Answer: a

23. The Marking Sequence is the conversion from proprioception to sight.

True False

24. During what section of the Marking Sequence does the conversion actually take place?

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

Answer: b

25. Which of the following takes place during an Advanced Workshop? (Check all that apply)

- a. Pressure Cooker
- b. Mule
- c. Bear
- d. Lion

Answer: a, b, c

26. The Cement it step of the Developmental Pipeline is self guided and the swimmer reports back to the consultant _____.

- a. Via Telephone
- b. The next time they see the consultant
- c. Never
- d. Via "FM Footsteps™"

Answer: d

27. The comparison in the Cement it step of the Developmental Pipeline includes _____ stage/s.

- a. 4
- b. 3
- c. 2
- d. 1

Answer: a

28. Fluid Mechanics believes "practice makes perfect," which is why there is a "cement it" step in the development process.

True False

29. Once the swimmer transfers through Alpha and reaches the Use it step of the Developmental Pipeline, they become the _____.

- a. Mechanic
- b. Master Mechanic
- c. Warrior
- d. Lamb

Answer: c