

**Chapter 01: Basic Kinesiology Terminology**

**Muscolino: The Muscular System Manual: The Skeletal Muscles of the Human Body, 4th Edition**

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**MULTIPLE CHOICE**

1. Which statement describes the two major divisions of human structure?
  - a. upper extremities and lower extremities
  - b. axial body and upper extremities
  - c. appendicular body and extremities
  - d. axial body and appendicular body

ANS: D

2. In kinesiology terminology, the arm is the body part located between the
  - a. shoulder joint and the tips of the fingers.
  - b. shoulder joint and the elbow joint.
  - c. side of the neck and the wrist joint.
  - d. medial border of the scapula and the wrist joint.

ANS: B

3. In kinesiology terminology, the leg is the body part located between the
  - a. hip joint and the knee joint.
  - b. knee joint and the ankle joint.
  - c. side of the pelvis and the toes.
  - d. hip joint and the tips of the toes.

ANS: B

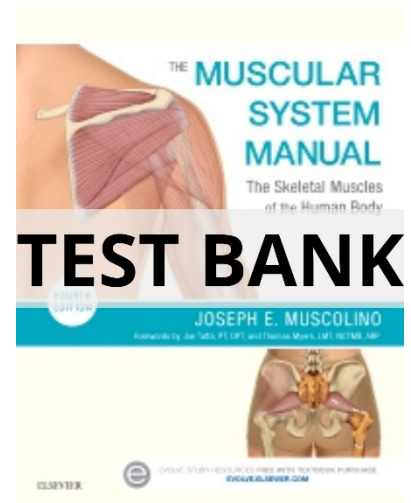
4. What term means a standard reference for describing the location of structures on the human body?
  - a. axial location
  - b. functional position
  - c. anatomic position
  - d. flexion location

ANS: C

5. Which term describes a structure located farther to the front of the body?
  - a. anterior
  - b. posterior
  - c. medial
  - d. lateral

ANS: A

6. Which term describes a structure located closer to the midline of the body?
  - a. anterior



- b. posterior
- c. medial
- d. lateral

ANS: C

7. Which pair of terms is usually used only on the appendicular body?
- a. anterior/posterior
  - b. medial/lateral
  - c. superior/inferior
  - d. proximal/distal

ANS: D

8. Which plane divides the body into left and right portions?
- a. sagittal
  - b. frontal
  - c. transverse
  - d. oblique

ANS: A

9. Which plane divides the body into anterior and posterior portions?
- a. sagittal
  - b. frontal
  - c. transverse
  - d. oblique

ANS: B

10. Which plane is horizontal?
- a. sagittal
  - b. frontal
  - c. transverse
  - d. oblique

ANS: C

11. Which planes are considered cardinal?
- a. sagittal and oblique
  - b. frontal and oblique
  - c. frontal and transverse
  - d. oblique and transverse

ANS: C

12. What relationship describes an axis to its plane?
- a. parallel
  - b. horizontal
  - c. perpendicular
  - d. oblique

ANS: C

13. What is the axis for the sagittal plane?

- a. mediolateral
- b. anteroposterior
- c. superoinferior
- d. vertical

ANS: A

14. What is the axis for the frontal plane?

- a. mediolateral
- b. anteroposterior
- c. superoinferior
- d. vertical

ANS: B

15. Which term describes movement away from the midline of the body?

- a. right rotation
- b. adduction
- c. flexion
- d. abduction

ANS: D

16. Which term describes movement that is posterior?

- a. flexion
- b. extension
- c. abduction
- d. pronation

ANS: B

17. Which movement term is used to describe motion of the forearm at the radioulnar joints?

- a. flexion
- b. abduction
- c. supination
- d. lateral rotation

ANS: C

18. Which term describes scapular movement resulting in the glenoid fossa facing more superiorly?

- a. upward tilt
- b. protraction
- c. downward rotation
- d. upward rotation

ANS: D

19. Which term is *not* a joint action?

- a. flexion
- b. circumduction
- c. right rotation
- d. dorsiflexion

ANS: B

20. Which term describes extension occurring beyond normal or healthy range of motion?
- circumduction
  - hypoextension
  - hyperextension
  - stability

ANS: C

21. Which movements usually occur within the frontal plane?
- flexion/extension
  - right rotation/left rotation
  - dorsiflexion/plantarflexion
  - abduction/adduction

ANS: D

22. Which movements usually occur within the transverse plane?
- flexion/extension
  - right rotation/left rotation
  - dorsiflexion/plantarflexion
  - abduction/adduction

ANS: B

## **Chapter 02: The Skeletal System**

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#### **MULTIPLE CHOICE**

1. Which descriptions are structural classifications of joints?
- synarthrotic, amphiarthrotic, diarthrotic
  - synarthrotic, fibrous, synovial
  - uniaxial, biaxial, triaxial
  - fibrous, cartilaginous, synovial

ANS: D

2. Which descriptions are functional classifications of joints?
- synarthrotic, amphiarthrotic, diarthrotic
  - fibrous, cartilaginous, synovial
  - synarthrotic, synovial, triaxial
  - diarthrotic, cartilaginous, nonaxial

ANS: A

3. Synovial joints are usually classified as which type?
- synarthrotic
  - diarthrotic
  - nonaxial
  - ball-and-socket

ANS: B

4. Fibrous joints are usually classified as which type?
- synarthrotic
  - diarthrotic
  - nonaxial
  - ball-and-socket

ANS: A

5. Which term describes a joint that allows motion around two axes?
- uniaxial
  - triaxial
  - nonaxial
  - biaxial

ANS: D

6. Which joints are biaxial?
- pivot and hinge
  - ball-and-socket
  - condyloid and saddle
  - pivot and condyloid

ANS: C

7. The elbow joint is classified as which type?
- pivot
  - hinge
  - saddle
  - condyloid

ANS: B

8. The hip joint is classified as which type?
- hinge
  - ball-and-socket
  - biaxial
  - cartilaginous

ANS: B

9. Which motions are permitted by a hinge joint?
- flexion and extension
  - medial rotation and lateral rotation
  - abduction and adduction
  - right lateral flexion and left lateral flexion

ANS: A

10. Which motions are permitted by a pivot joint?
- flexion and extension
  - rotations