

Chapter 01: Basic Kinesiology Terminology

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

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

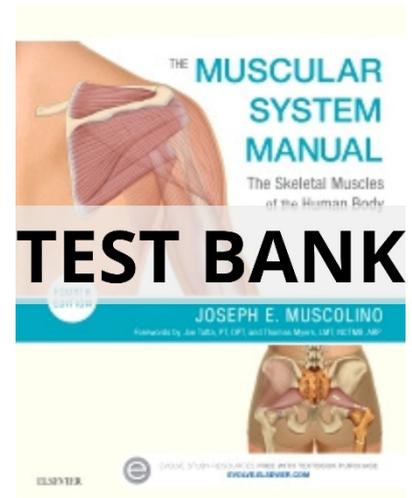
4. What term means a standard reference for describing the location of structures on the human body?
 - a. axial location
 - b. functional position
 - c. anatomic position
 - d. flexion location

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?
- mediolateral
 - anteroposterior
 - superoinferior
 - vertical

ANS: A

14. What is the axis for the frontal plane?
- mediolateral
 - anteroposterior
 - superoinferior
 - vertical

ANS: B

15. Which term describes movement away from the midline of the body?
- right rotation
 - adduction
 - flexion
 - abduction

ANS: D

16. Which term describes movement that is posterior?
- flexion
 - extension
 - abduction
 - pronation

ANS: B

17. Which movement term is used to describe motion of the forearm at the radioulnar joints?
- flexion
 - abduction
 - supination
 - lateral rotation

ANS: C

18. Which term describes scapular movement resulting in the glenoid fossa facing more superiorly?
- upward tilt
 - protraction
 - downward rotation
 - upward rotation

ANS: D

19. Which term is *not* a joint action?
- flexion
 - circumduction
 - right rotation
 - 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