Chapter 1 Review

1. Which of the following is the correct definition of Anatomic Kinesiology?
   a. Study of motion of human movement
   b. Study of the human musculoskeletal and musculotendinous systems
   c. Application of mechanical physics to human motion
   d. Study of muscles as they are involved in the science of movement

2. Which of the following is true regarding circumduction?
   a. Combination of flexion, extension, adduction, and abduction
   b. Synonymous with rotation
   c. Occurs only one joint
   d. Combines flexion and extension

3. Which of the following is the correct definition of Structural Kinesiology?
   a. Study of motion of human movement
   b. Study of the human musculoskeletal and musculotendinous systems
   c. Application of mechanical physics to human motion
   d. Study of muscles as they are involved in the science of movement

4. Which of the following is the correct definition of Biomechanics?
   a. Study of motion of human movement
   b. Study of the human musculoskeletal and musculotendinous systems
   c. Application of mechanical physics to human motion
   d. Study of muscles as they are involved in the science of movement

5. Which of the following is the correct definition of Kinesiology?
   a. Study of motion of human movement
   b. Study of the human musculoskeletal and musculotendinous systems
   c. Application of mechanical physics to human motion
   d. Study of muscles as they are involved in the science of movement

6. Which of the following is not an example of a movement in the Sagittal plane?
   a. Flexion
   b. Extension
   c. Lateral flexion
   d. Plantar flexion

7. The frontal plane divides the body into ___________.
   a. Right and left halves
   b. Front and back halves
   c. Top and bottom halves
   d. Medial and lateral halves

8. Movements in the transverse plane occur around which axis?
   a. Mediolateral
   b. Anterioposterior
   c. Vertical
   d. Horizontal
9. Elbow extension takes place in what plane?
   a. Sagittal
   b. Frontal
   c. Transverse
   d. Longitudinal

10. Abduction takes place around which axis?
    a. Anterioposterior
    b. Mediolateral
    c. Longitudinal
    d. Horizontal

11. Nodding the head “No” occurs in which plane?
    a. Sagittal
    b. Frontal
    c. Transverse
    d. Oblique

12. Each of the following joints allows a slight amount of motion to occur except?
    a. Gomphosis
    b. Syndesmosis
    c. Synchondrosis
    d. Symphysis

13. Which of the following movements occur at the shoulder joint but not at the knee?
    a. Flexion
    b. Extension
    c. Circumduction
    d. Rotation

14. During an underhand softball pitch that does not involve a windmill windup, the hand holding the ball is moved to a posterior position with respect to the torso prior to the forward swing of the arm that releases the ball. In what order do the movements occur at the shoulder joint to make this motion possible?
    a. Abduction, adduction
    b. Adduction, abduction
    c. Extension, flexion
    d. Flexion, extension

15. What term is used to describe the motion of bringing the dorsum of the foot closer to the anterior leg?
    a. Flexion
    b. Extension
    c. Dorsiflexion
    d. Plantarflexion

16. Which of the following best describes the anatomical location of the head with respect to the left arm?
    a. Superior and medial
    b. Anterior and medial
    c. Distal and lateral
    d. Inferior and lateral

17. Bone is composed of all but one of the following constituents.
    a. Protein
    b. Calcium
    c. Phosphorus
    d. Water
18. Which of the following is not a function performed by the skeletal system?
   a. Protection of internal organs
   b. Support to maintain posture
   c. Mineral Storage
   d. Production of heat