Chapter 2 Review

1. Muscles provide all of the following except?
   a. protection
   b. posture and support
   c. produce a major portion of total body heat
   d. attachment points for other muscles

2. Muscles are usually named due to all of the following except?
   a. nerve
   b. shape
   c. size
   d. function

3. Which of the following is affected by the shape and size of a muscle?
   a. rate of muscle contraction
   b. bony structure
   c. ability of a muscle to produce force
   d. location of the associated nerve

4. Which of the following is not a shape by which muscles are categorized?
   a. sphincter
   b. radial
   c. strap
   d. fusiform

5. Which of the following is not a property of skeletal muscle tissue that allows for force production and movement about joints?
   a. constrictability
   b. elasticity
   c. extensibility
   d. irritability

6. Which of the following is not true with respect to an isometric muscle contraction?
   a. tension is developed within muscle but joint angles remain constant
   b. considered to be a static contraction
   c. is considered to be a dynamic contraction
   d. joint angle may be maintained in a relatively stable position

7. The pennate type of muscle fiber arrangement may be classified by the following terms except?
   a. Unipennate
   b. Bipennate
   c. Tripennate
   d. Multipennate

8. Which of the following statements is true regarding isometric muscle actions?
   a. tension is developed within a muscle but joint angles remain constant
   b. tension is developed to either cause or control joint movement
   c. dynamic type of contraction
   d. varying degrees of tension in muscles are causing joint angles to change

9. Which of the following is not true regarding concentric muscle contractions?
   a. a muscle develops tension as it shortens
   b. contractions occur when the muscle develops enough force to overcome applied resistance
   c. contractions cause movement against gravity or resistance
   d. commonly described as being a negative type of contraction
10. Which of the following is true regarding concentric muscle contractions?
   a. the force developed by the muscle is less than that of the resistance
   b. contractions cause movement against gravity or resistance
   c. causes a body part to remain stable against gravity or external forces
   d. results in the joint angle changing in the opposite direction of the applied muscle force

11. Which of the following is not true regarding an eccentric muscle action?
   a. typically called a positive type of muscle contraction
   b. the muscle lengthens under tension
   c. occurs when muscle gradually lessens in tension to control the descent of resistance
   d. weight or resistance overcomes muscle contraction but not to the point that muscle cannot control descending movement

12. Which of the following is not true regarding an eccentric muscle action?
   a. the muscle does not control the movement with gravity or resistance
   b. described as a positive type of contraction
   c. the force developed by the muscle is less than that of the resistance
   d. results in the joint angle changing in the direction opposite that of the resistance or external force

13. Which of the following is a true statement regarding isokinetic exercise?
   a. the speed or velocity of movement is constant
   b. muscular contraction occurs only through part of the movement
   c. is not another type or classification of muscle contraction
   d. can only be performed on machines such as Biodex, Cybex, and Lido.

14. Which of the following is a true statement regarding agonist muscles?
   a. causes a joint motion through a specified plane of motion when contracting concentrically
   b. causes a joint motion through a specified plane of motion when contracting isometrically
   c. causes a joint motion through a specified plane of motion when contracting eccentrically
   d. causes a joint motion through a specified plane of motion when contracting isokinetically

15. Which of the following is not a true statement regarding antagonist muscles?
   a. muscle is typically located on opposite side of the joint from agonist
   b. when activated these muscles have the opposite concentric action
   c. also known as contralateral muscles
   d. these muscles work against agonist muscles by contracting and preventing movement

16. Which of the following is a true statement regarding stabilizer muscles?
   a. are essential in establishing a relatively firm base for the more distal joints to work from when carrying out movements
   b. contract to unlock the joint to enable another limb or body segment to exert force and/or move
   c. known as guiding muscles
   d. are located opposite a joint or body part

17. Which of the following is a true statement regarding synergist muscles?
   a. assist in action of antagonists
   b. are always considered to be prime movers for the action
   c. known as guiding muscles
   d. assist in refined movement and cause undesired motions

18. Which of the following is the basic functional unit of the nervous system responsible for generating and transmitting nervous impulses?
   a. dendrite
   b. neuron
   c. ganglion
   d. dermatome
19. Which of the following is not a classification of neuron type?
   a. sensory
   b. motor
   c. peripheral
   d. interneuron

20. Which of the following is a proprioceptor associated with muscle tissue?
   a. Pacian corpuscle
   b. Golgi Organ
   c. Meissner’s corpuscle
   d. Ruffini organ