Kinesiology  
Chapter 12 Review

1. Which of the following statements is not correct regarding the abdominal muscles?  
a. some sections of these muscles are linked by fascia and tendinous bands  
b. these muscles do not attach completely from bone to bone  
c. both of the above choices are correct  
d. none of the above choices are correct

2. Which of the following statements is correct regarding trunk movement at the lumbar spine?  
a. flexes approximately 60 degrees  
b. extends 20 to 30 degrees  
c. both of the above choices are correct  
d. none of the above choices are correct

3. Which of the following is not considered to be a large abdominal muscle?  
a. rectus abdominis  
b. external oblique abdominal  
c. lateral abdominus  
d. quadratus lumborum

4. Which of the following is an anterior muscle responsible for movement of the head?  
a. longus capitis  
b. longissimus capitis  
c. obliquus capitis superior  
d. obliquus capitis inferior

5. Which of the following is a not a posterior muscle responsible for movement of the head?  
a. rectus capitis posterior  
b. trapezius  
c. splenius capitis  
d. rectus capitis anterior

6. Which of the following muscles performs extension of the head?  
a. rectus capitis anterior  
b. rectus capitus posterior  
c. longus capitus  
d. obliquus capitus inferior

7. Which of the following muscles performs lateral flexion of the head?  
a. rectus capitis anterior  
b. rectus capitus posterior  
c. longus capitus  
d. rectus capitis lateralis

8. Which of the following muscles is not included in the extensors of the spine?  
a. transversospinalis group  
b. interspinal-intertransverse group  
c. longus colli muscles  
d. splenius

9. Which of the following statements is correct regarding the diaphragm muscle?  
a. responsible for breathing during quiet rest  
b. as it contracts and flattens air is inspired  
c. when larger amounts of air are needed other thoracic muscles have a more significant contribution to inspiration  
d. all of the above choices are correct
10. Which of the following muscles has its origin on the spinous processes of each vertebrae?  
   a. longus colli superior oblique  
   b. longus colli inferior oblique  
   c. longus colli vertical  
   d. interspinalis

11. Which of the following muscles does not perform flexion of the cervical spine?  
   a. longus colli superior oblique  
   b. longus colli inferior oblique  
   c. longus colli vertical  
   d. interspinalis

12. Which of the following muscles has its origin on the anterior arch of the atlas?  
   a. longus colli superior oblique  
   b. longus colli inferior oblique  
   c. longus colli vertical  
   d. interspinalis

13. Which of the following muscles performs lateral flexion when concentrically contracting?  
   a. intertransversarii  
   b. multifidus  
   c. rotatores  
   d. semispinalis

14. Which of the following muscles has its origin located on the transverse processes of each vertebra?  
   a. intertransversarii  
   b. multifidus  
   c. rotatores  
   d. semispinalis

15. Which of the following muscles has its origin on the inferior border of the ribs?  
   a. diaphragm  
   b. internal intercostals  
   c. external intercostals  
   d. levator costarum

16. Which of the following muscles has its insertion on the central tendon?  
   a. diaphragm  
   b. internal intercostals  
   c. external intercostals  
   d. levator costarum

17. Which of the following muscles elevates the costal cartilages of ribs 1-4 during inhalation?  
   a. diaphragm  
   b. internal intercostals  
   c. external intercostals  
   d. levator costarum

18. Which of the following is not a muscle of inspiration?  
   a. transverse thoracis  
   b. scalenus anterior  
   c. levator costarum  
   d. serratus posterior
19. Which of the following is a muscle of expiration?
a. scalenes
b. serratus posterior
c. subcostales
d. levator costarum