1. Which of the following is not considered very important in skillful performance of physical activity and body maintenance from a kinesiological perspective?
   a. strength
   b. endurance
   c. flexibility
   d. power

2. Which of the following statements is true regarding the action of the quadriceps muscle group during squatting?
   a. when the descent is at the same speed as gravity no muscular control is exerted
   b. when the descent is at the same speed as gravity the muscle lengthening is eccentric
   c. both of the above choices are correct
   d. none of the above choices are correct

3. Which of the following statements is not true regarding the “bent knee sit-up” exercise?
   a. the participant lies on back with forearms crossed and lying across chest
   b. the strength of the erector spinae muscles are benefited significantly through this exercise
   c. hips and knees are flexed in this manner to reduce hip flexor length
   d. participant curls up to a sitting position, rotates trunk to right, touches left elbow to right knee

4. Which of the following is not a phase of “sit-up” exercise?
   a. starting phase
   b. curling phase
   c. rotating phase
   d. return phase

5. Which of the following is not an agonist muscle of shoulder flexion when performing “alternating prone extension” exercise?
   a. deltoid
   b. triceps brachii
   c. coracobrachialis
   d. biceps brachii

6. Which of the following is not an agonist muscle of hip extension when performing “alternating prone extension” exercise?
   a. gluteus maximus
   b. semitendinosus
   c. biceps femoris
   d. vastus medialis

7. Which of the following is not an agonist muscle of trunk extension when performing “alternating prone extension” exercise?
   a. gluteus maximus
   b. erector spinae
   c. splenius
   d. quadratus lumborum

8. Which of the following muscles does not perform hip extension during the lifting phase of a “squat” exercise?
   a. gluteus maximus
   b. semimembranosus
   c. rectus femoris
   d. biceps femoris
9. During the lifting phase of a “dead lift” exercise the agonist muscles of the wrist and hand include all of the following except?
a. flexor carpi radialis
b. palmaris longus
c. flexor digitorum profundus
d. quadratus lumborum

10. During the lifting phase of a “dead lift” exercise the agonist muscles of the hip include all of the following except?
a. vastus medialis
b. gluteus maximus
c. semimembranosus
d. biceps femoris

11. During the lowering phase of a “dead lift” exercise the agonist muscles of the knee include all of the following except?
a. rectus femoris
b. vastus medialis
c. semimembranosus
d. vastus intermedius

12. Which of the following muscles is not activated during an isometric abdominal exercise?
a. serratus anterior
b. rectus abdominis
c. external oblique
d. transverse abdominis

13. Which of the following muscles is not activated during the hip flexion portion of an isometric “leg lifter” exercise?
a. iliopsoas
b. rectus femoris
c. pectineus
d. gluteus maximus

14. Which of the following muscles actions is performed during the lowering phase of “hip sled” exercise?
a. plantar flexion
b. dorsiflexion
c. extension
d. abduction

15. Which of the following muscles actions is performed during the pushing phase of “hip sled” exercise?
a. extension
b. dorsiflexion
c. rotation
d. abduction

16. Which of the following actions is performed at the hip during the arm pull/leg push phase of rowing exercise?
a. dorsiflexion
b. abduction
c. extension
d. upward rotation
17. Which of the following actions is performed at the hip during the return phase of rowing exercise?
   a. flexion
   b. adduction
   c. depression
   d. downward rotation