Chapter 8

1. Which of the following is not true regarding muscular strength and endurance in the shoulder area?
   a. essential for improved appearance and posture
   b. increases performance in all sports
   c. increases efficiency in skill performance of upper body activities
   d. specific conditioning exercises and activities should be intelligently selected

2. Which one of the following may not be determined from viewing an activity from an analysis perspective?
   a. which muscles that are performing the movement
   b. which type of contraction is occurring
   c. which kind of exercises are appropriate for developing the muscles
   d. which angle of movement will produce the greatest force

3. Which one of the following is not true regarding the analysis of most sport skills?
   a. will include preparatory phase
   b. will include a movement phase
   c. will include a stop-action phase
   d. will include a follow-through phase

4. Which of the following statements is not true regarding the “stance phase” of sports skills?
   a. allows for more power to be transferred from the body during the movement
   b. allows the athlete to assume a comfortable and balanced body position
   c. emphasis is on setting various joint angles in the correct positions
   d. is a relatively static phase with fairly short ranges of motion involved

5. Which of the following statements is not true regarding the “preparatory phase” of sports skills?
   a. often referred to as cocking or wind-up phase
   b. used to lengthen the muscles in order to generate more force and momentum
   c. is generally not the most critical phase in leading toward the desired result of activity
   d. becomes more dynamic as the need for explosiveness in the sport skill increases

6. Which of the following statements is not true regarding the “movement phase” in sport skills?
   a. sometimes known as the acceleration, action, motion, or contact phase
   b. generally involves high amounts of eccentric activity
   c. summation of force is generated directly to the ball, sport object, or opponent
   d. usually characterized by near-maximal concentric activity in involved muscles

7. Which of the following statements is not true regarding the “follow-through phase” of sports skills?
   a. begins immediately prior to the climax of movement phase
   b. brings about negative acceleration of involved limb or body segment
   c. often referred to as the deceleration phase
   d. body segment velocity progressively decreases

8. Which of the following statements is not true regarding the “recovery phase” of sports skills?
   a. used after follow-through to regain balance
   b. needed to get repositioned for the next possible sport movement
   c. not needed in some sports activities
   d. involves more total force production by muscles than any other phase except for the movement phase

9. Which of the following statements is not true regarding the “Kinetic Chain Concept”?
   a. a system can be both open and closed simultaneously
   b. bony segments and their linkage system of joints may be likened to a chain
   c. any one link in an extremity may be moved individually without significantly affecting other links if the chain is open
d. if the chain is closed then substantial movement of any one link cannot occur without substantial movement of the other links

10. Which of the following statements is not valid regarding an “Open Kinetic Chain”?
   a. allows any one joint in the extremity to move or function separately
   b. upper extremity examples include a shoulder shrug, shoulder abduction, or a biceps curl
   c. requires the movement of other joints in the extremity
   d. lower extremity examples include seated hip flexion, knee extension, and ankle dorsiflexion

11. Which of the following statements is not valid regarding an “Open Kinetic Chain”?
   a. the core of the body is more stabilized while the distal segment is free to move in single plane
   b. the proximal segment is not fixed while the distal segment is free to move in a single plane
   c. not considered to be as functional as closed chain work for most lower extremity activities
   d. beneficial in isolating a particular joint to concentrate on specific muscle groups

12. Which of the following statements is not valid regarding a “Closed Kinetic Chain”?
   a. involves the body moving in relation to the relatively unfixed distal segment
   b. movement of one joint cannot occur without causing movements of the other joints
   c. multiple joints are involved
   d. multiple muscles are involved

13. Which of the following statements is not true regarding the “Kinetic Chain Concept”?
   a. open-chain exercises generally isolate only one segment
   b. closed-chain exercises work all body segments in the chain
   c. both of the above choices are correct
   d. none of the above choices are correct

14. Which of the following is not true regarding the “Valsalva Manuver”?
   a. is considered to be proper when performing maximal lifts
   b. causes dramatic blood pressure increase followed by equally dramatic drop
   c. can cause lightheadedness and fainting
   d. leads to complications in heart disease patients

15. With respect to the agonist muscles involved in performing a shoulder pull which of the following statements is true?
   a. the wrist and hand perform concentric flexion
   b. the elbow joint performs eccentric extension
   c. the shoulder joint performs concentric adduction
   d. the shoulder girdle performs isometric adduction

16. Which of the following muscles are antagonists during an arm curl?
   a. flexor carpi radialis
   b. flexor carpi ulnaris
   c. flexor pollicis longus
   d. none of the above choices are correct

17. Which of the following muscles are agonists during a triceps extension?
   a. brachialis
   b. brachioradialis
   c. biceps brachii
   d. none of the above choices are correct
18. Which of the following statements is correct regarding the lowering phase of a barbell press?
   a. the wrist and hand flexors act as agonists
   b. the elbow performs extension
   c. the shoulder joint performs flexion
   d. the shoulder girdle performs elevation

19. Which of the following statements is correct regarding the lifting phase of a chest press?
   a. the wrist and hand perform extension
   b. the elbow performs extension
   c. the shoulder performs extension
   d. the shoulder girdle performs adduction

20. Which of the following statements is correct regarding the pushing phase of a pushup?
   a. the wrist and hand perform extension
   b. the elbow performs flexion
   c. the shoulder performs horizontal abduction
   d. the shoulder girdle performs abduction