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SKU: 9780323399241-TEST-BANK

MULTIPLE CHOICE

1. Anatomic position involves the person standing erect and facing:
   a. forward, arms at sides, palms facing anteriorly, and fingers and thumbs extended.
   b. forward, arms at sides, palms facing posteriorly, and fingers and thumbs extended.
   c. backward, palms facing inward toward the thighs, and fingers and thumbs extended.
   d. sideways, arms at sides, palms facing anteriorly, and fingers and thumbs extended.

   ANS: A
   Facing forward, arms at sides, palms facing anteriorly, and fingers and thumbs extended describes anatomic position.

   PTS: 1 DIF: 1 REF: p. 13

2. The importance of anatomic position is that it is the:
   a. most comfortable position for the body.
   b. healthiest position for the body.
   c. reference position for mapping the body.
   d. easiest position in which to identify landmarks on the body.

   ANS: C
   Anatomic position is used as a reference for naming locations on the human body.

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3. A structure that is located farther to the front of the body than another structure is described as being:
   a. posterior.
   b. medial.
   c. superficial.
   d. anterior.

   ANS: D
   The term *anterior* means further to the front.

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4. A structure that is located closer toward the midline of the body than another structure is described as being:
   a. posterior.
   b. medial.
   c. superficial.
   d. anterior.

   ANS: B
   The term *medial* implies closer to an imaginary line that divides the body into left and right halves.

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5. A structure that is located farther toward the side of the body than another structure is described as being:
   a. anterior.
   b. medial.
   c. lateral.
   d. proximal.

   ANS: C
   The term *lateral* refers to the sides of any area or structure.

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6. A structure that is located closer to the surface of the body than another structure is described as being:
   a. superficial.
   b. deep.
   c. proximal.
   d. superior.

   ANS: A
   The term *superficial* implies closer to the surface of the body.

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7. On the appendicular body, a structure that is located closer to the trunk than another structure is described as being:
   a. anterior.
   b. distal.
   c. medial.
   d. proximal.

   ANS: D
   Proximal means closer to the axial body. Proximal relates to the word proximity.

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8. Which pairs of terms are correctly used on the axial body?
   a. Anterior-posterior, superior-inferior, and medial-lateral
   b. Proximal-distal, superficial-deep, and medial-lateral
   c. Superior-inferior, medial-lateral, and radial-ulnar
   d. Tibial-fibular, superficial-deep, and anterior-posterior

   ANS: A
   Superior and inferior are used only on the axial regions, whereas proximal, distal, and names relative to the bones of extremities are used for the appendages.

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9. Which term literally means belly?

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a. Anterior
b. Ventral
c. Posterior
d. Superficial

ANS: B
From Latin *venter,* meaning *belly, stomach.*

PTS: 1 DIF: 1 REF: p. 14

10. Which concept maps the three dimensions of space?
a. Axes
b. Directional terms
c. Planes
d. Body parts

ANS: C
Planes map the three dimensions of space.

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11. What plane divides the body into left and right portions?
a. Sagittal
b. Frontal
c. Transverse
d. Oblique

ANS: A
The sagittal plane divides the body into right and left.

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12. What plane divides the body into anterior and posterior portions?
a. Sagittal
b. Frontal
c. Transverse
d. Oblique

ANS: B
The frontal plane, also called the coronal plane, divides the body into anterior and posterior crown.

PTS: 1 DIF: 1 REF: p. 20

13. Which plane is oriented horizontally?
a. Sagittal
b. Frontal
c. Transverse
d. Oblique

ANS: C
The transverse, or horizontal, plane divides the body into superior and inferior, or the extremities into proximal and distal.

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PTS: 1 DIF: 1 REF: p. 20

14. Which plane can have components of both sagittal and transverse planes?
    a. Frontal
    b. Coronal
    c. Oblique
    d. Cardinal

    ANS: C
    Oblique implies diagonal, which will cross two planes.

    PTS: 1 DIF: 2 REF: p. 20

15. Which statement is *true* regarding motion of the body?
    a. Motion of a body part occurs within a plane.
    b. Motion of a body part occurs at a joint.
    c. Axial motion involves a body part moving around an axis.
    d. All of these are correct.

    ANS: D
    We observe motions where joints move, measure them through planes, and *axial* means movement around an axis.

    PTS: 1 DIF: 2 REF: pp. 20-22

16. The term for an imaginary line around which a body part moves is:
    a. axis.
    b. plane.
    c. fulcrum.
    d. joint.

    ANS: A
    An axis is a reference point around which movement is observed.

    PTS: 1 DIF: 1 REF: p. 22

17. Movement of a body part within the sagittal plane occurs around what axis?
    a. Mediolateral
    b. Anteroposterior
    c. Superoinferior
    d. Oblique

    ANS: A
    A mediolateral axis runs medial to lateral, or lateral to medial. Therefore, movements that occur in the sagittal plane move around a mediolateral axis.

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18. Movement of a body part within the frontal plane occurs around what axis?
    a. Mediolateral
    b. Anteroposterior

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c. Superoinferior
d. Oblique

ANS: B
An anteroposterior axis runs anterior to posterior, or posterior to anterior. Therefore, movements that occur in the frontal plane move around an anteroposterior axis.

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19. Movement of a body part within the transverse plane occurs around what axis?
a. Mediolateral
b. Anteroposterior
c. Superoinferior
d. Oblique

ANS: C
A superoinferior axis runs superior to inferior, or inferior to superior. Therefore, movements that occur in a transverse plane move around a superoinferior axis.

PTS: 1 DIF: 2 REF: p. 24

20. What is another name for a vertical axis?
a. Frontal-horizontal
b. Sagittal-horizontal
c. Superoinferior
d. Oblique

ANS: C
Vertical means running superior to inferior, or inferior to superior. Therefore another name for a vertical axis is superoinferior.

PTS: 1 DIF: 1 REF: p. 24

21. Which movement term can be used to describe motion of a body part around an axis?
a. Axial
b. Circular
c. Angular
d. All of these

ANS: D
All options are directional terms.

PTS: 1 DIF: 2 REF: p. 22

22. Using the analogy of a door for visualizing an axis of motion, the:
a. hinge pin is the axis around which the door moves.
b. hinge pin provides movement in an oblique plane.
c. doorknob is the axis around which the door moves.
d. doorknob provides movement in a transverse plane.

ANS: A
The hinge pin is the axis because it stays fixed while the door moves around it.

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PTS: 1 DIF: 2 REF: p. 24

23. What plane divides the body into upper and lower portions?
    a. Sagittal
    b. Frontal
    c. Transverse
    d. Coronal

    ANS: C
    The transverse, or horizontal, plane divides the body into upper and lower portions.

    PTS: 1 DIF: 1 REF: p. 20

24. Which plane is *not* a cardinal plane?
    a. Sagittal
    b. Frontal
    c. Transverse
    d. Oblique

    ANS: D
    Cardinal planes are the major planes, sagittal, frontal, and transverse, used to describe movement terms. An oblique movement would be a combination of two of the three cardinal planes.

    PTS: 1 DIF: 1 REF: p. 20

25. Movement of a body part that is in a combination of sagittal, frontal, and transverse planes occurs around which axis?
    a. Mediolateral
    b. Anteroposterior
    c. Superoinferior
    d. Oblique

    ANS: D
    An oblique axis is in a combination of two or more of the cardinal planes.

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