Manual of Structural Kinesiology 21st edition Floyd Test Bank

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ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) Both the size and the shape of bones can limit or allow movements.

1) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

2) There are approximately 552 skeletal muscles in the human body.

2) _____

◎ true
◎ false

Question Details
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3) During the process of bone remodeling, osteoblasts resorb existing bone and osteoclasts form new bone.

3) _____

◎ true
◎ false

Question Details
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4) About 50 to 60 percent of the volume of cortical bone is porous.

4) _____

◎ true
◎ false

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Question Details
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5) The endosteum is located at the ends of long bones.

5) _____

- ◎ true
- ◎ false

Question Details
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6) The scapula is an example of an irregular bone.

6) _____

- ◎ true
- ◎ false

Question Details
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7) One of the functions of articular cartilage is to separate the diaphysis and epiphysis.

7) _____

- ◎ true
- ◎ false

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8) Both sesamoid and accessory bones occur in same numbers in individuals.

8) _____

- ◎ true
- ◎ false

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9) Typical bony features include diaphysis, epiphysis, and articular cartilage.

9) _____

- ◎ true
- ◎ false

Question Details
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10) Epiphyseal plates generally close by age 14, but some may be present until age 18.

10) _____

- ◎ true
- ◎ false

Question Details
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11) Diagonal abduction is movement by a limb through a diagonal plane away from the midline of the body.

11) _____

- ◎ true
- ◎ false

Question Details
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12) Most outer bone is composed of cortical bone with cancellous bone underneath.

12) _____

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◎ true
◎ false

Question Details
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13) Cancellous bone is stiffer and can withstand greater stress, but less strain, than cortical bone.

13) _____

◎ true
◎ false

Question Details
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14) Collagen in bone provides flexibility and strength to resist tension.

14) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

15) Bones continue to grow longitudinally as long as the epiphyseal plates are open.

15) _____

◎ true
◎ false

Question Details
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16) The hyaline cartilage is quite resilient because it is slightly compressible and elastic.

16) _____

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◎ true
◎ false

Question Details
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17) Aging causes progressive gain of collagen and increases bone brittleness.

17) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

18) Bone size and shape are influenced by both the direction and magnitude of forces that are habitually applied to them.

18) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation

19) Bones reshape themselves based upon the stresses that are placed upon them.

19) _____

◎ true
◎ false

Question Details
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20) Ligaments and connective tissue provide dynamic stability to joints when actively contracting.

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20) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

21) Diarthrodial joints are also known as synovial joints.

21) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

22) Abduction is an example of movement in a coronal plane about an anteroposterior axis.

22) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation

23) Flexion or extension can occur in combination with abduction, adduction, or rotation.

23) _____

- ◎ true
- ◎ false

Question Details
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MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

24) Which of the following statements is true about circumduction?

24) _____

A) Combination of flexion, extension, adduction, and abduction
B) Synonymous with rotation
C) Occurs only in one joint
D) Combines flexion and extension

Question Details
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25) Which of the following terms refers to a position of the foot and ankle resulting from a combination of ankle plantar flexion, subtalar inversion, and forefoot adduction?

25) _____

A) Pronation
B) Scaption
C) Supination
D) Circumduction

Question Details
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26) Which of the following is the correct definition of kinesiology?

26) _____

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A) The study of the principles of anatomy, physiology, and mechanics in relation to human movement
B) The study of the human musculoskeletal and musculotendinous systems
C) The study of the application of mechanical physics to human motion
D) The study of muscles as they are involved in the science of movement

Question Details
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27) Which of the following is an example of a transverse plane movement?

27) _____

A) Extension of the left toes
B) Abduction of the left transverse tarsal joint
C) Internal rotation of the right shoulder
D) Plantar flexion of the ankle

Question Details
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28) The frontal plane divides the body into _____.

28) _____

A) right and left halves
B) front and back halves
C) top and bottom halves
D) medial and lateral halves

Question Details
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29) Movements in the transverse plane occur around the _____ axis.

29) _____

A) mediolateral
B) anteroposterior
C) vertical
D) horizontal

Question Details
Accessibility : Keyboard Navigation

30) Elbow extension takes place in the _____ plane.

30) _____

A) sagittal
B) frontal
C) transverse
D) longitudinal

Question Details
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31) Abduction takes place around the _____ axis.

31) _____

A) anteroposterior
B) mediolateral
C) longitudinal
D) horizontal

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Question Details
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32) Knee extension occurring from femoral condyles rotating forward on tibia as a person stands from a squatting position is an example of the accessory motion called _____.

32) _____

A) glide
B) slide
C) roll
D) spin

Question Details
Accessibility : Keyboard Navigation

33) Each of the following joints allows a slight amount of motion to occur except _____.

33) _____

A) gomphosis
B) syndesmosis
C) synchondrosis
D) symphysis

Question Details
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34) Lowering the arm to the side or the thigh back to the anatomical position is an example of _____.

34) _____

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A) abduction
B) extension
C) adduction
D) circumduction

Question Details
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35) If the _____ plane runs from medial to lateral, then its axis must run from front to back.

35) _____

A) frontal
B) transverse
C) sagittal
D) longitudinal

Question Details
Accessibility : Keyboard Navigation

36) What term is used to describe the movement of the ankle that results in the top of the foot moving toward the anterior tibia in the sagittal plane?

36) _____

A) Flexion
B) Extension
C) Dorsiflexion
D) Plantar flexion

Question Details
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37) Which of the following terms means related to, or situated to the left or on the left side of, something?

37) _____

A) Sinister
B) Ventral
C) Proximal
D) Supine

Question Details
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38) Bone is composed of all of the following except _____.

38) _____

A) protein
B) calcium
C) phosphorus
D) water

Question Details
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39) Which of the following is not a function performed by the skeletal system?

39) _____

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A) Protection of internal organs
B) Support to maintain posture
C) Storage of minerals
D) Production of heat

Question Details
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40) Motion of the bones relative to the three cardinal planes resulting from physiological movements is known as _____.

40) _____

A) osteokinematic motion
B) arthrokinematic motion
C) accessory motion
D) osteochondral motion

Question Details
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41) The three specific types of accessory motions are _____.

41) _____

A) slip, slide, and roll
B) spin, twirl, and glide
C) rock, slide, and circumfusion
D) roll, spin, and glide

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42) If the knee were not able to slide, the femur would _____ when going from flexion to extension on a stationary tibia.

42) _____

A) roll off the back of the tibia
B) roll off the front of the tibia
C) spin more internally on the tibia
D) spin more externally on the tibia

Question Details
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43) Motion between the articular surfaces of bones is known as _____.

43) _____

A) kinetics
B) osteokinematics
C) arthrokinematics
D) biomechanics

Question Details
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44) Forward movement of the shoulder girdle in the horizontal plane away from the spine is called _____.

44) _____

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A) pronation
B) protraction
C) retraction
D) reduction

Question Details
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45) Adduction movement at the wrist in the frontal plane of the little finger side of the hand toward the medial forearm is called _____.

45) _____

A) palmar flexion
B) radial flexion
C) ulnar flexion
D) volar flexion

Question Details
Accessibility : Keyboard Navigation

46) An instrument used to measure the change in joint angles is a(n) _____.

46) _____

A) flexometer
B) jointometer
C) arthrometer
D) goniometer

Question Details
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ESSAY. Write your answer in the space provided or on a separate sheet of paper.

47) List the six (6) types of diarthrodial/synovial joints.

Question Details
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48) Using proper joint terminology, list the name and position of each joint involved upon completion of the following multiple joint movement. Starting from the anatomical position, reach with your right arm and touch the ipsilateral side of your head with the palm of your hand.

Question Details
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49) List three (3) of the terms that are used to describe bone markings and provide two specific examples of each on the human skeleton.

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50) List two of the most commonly occurring movements for each of the following planes: sagittal, frontal, and transverse.

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CH01
Answer Key

Test name: CH01

1) TRUE
2) FALSE
3) FALSE
4) FALSE
5) FALSE
6) FALSE
7) FALSE
8) FALSE
9) TRUE
10) FALSE
11) TRUE
12) TRUE
13) FALSE
14) TRUE
15) TRUE
16) TRUE
17) FALSE
18) TRUE
19) TRUE
20) FALSE
21) TRUE
22) TRUE
23) TRUE
24) A
25) C

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26) A
27) C
28) B
29) C
30) A
31) A
32) C
33) A
34) C
35) A
36) C
37) A
38) A
39) D
40) A
41) D
42) B
43) C
44) B
45) C
46) D
47) 1. Arthrodial
2. Condyloidal
3. Enarthrodial
4. Ginglymus
5. Sellar
6. Trochoidal

48) Answers will vary.

49) Answers will vary.

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50) Answers will vary.

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