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Chapter 01 Foundations of Structural Kinesiology

CORRECT ANSWERS ARE LOCATED IN THE 2ND HALF OF THIS DOC.

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.
   - ◎ true
   - ◎ false

2) There are approximately 552 skeletal muscles in the human body.
   - ◎ true
   - ◎ false

3) During the process of bone remodeling, osteoblasts resorb existing bone and osteoclasts form new bone.
   - ◎ true
   - ◎ false

4) About 50 to 60 percent of the volume of cortical bone is porous.
   - ◎ true
   - ◎ false

5) The endosteum is located at the ends of long bones.
   - ◎ true
   - ◎ false

6) The scapula is an example of an irregular bone.
   - ◎ true
   - ◎ false

7) One of the functions of articular cartilage is to separate the diaphysis and epiphysis.
   - ◎ true
   - ◎ false

8) Both sesamoid and accessory bones occur in same numbers in individuals.
   - ◎ true
   - ◎ false

9) Typical bony features include diaphysis, epiphysis, and articular cartilage.
   - ◎ true
   - ◎ false

10) Epiphyseal plates generally close by age 14, but some may be present until age 18.
   - ◎ true
   - ◎ false

11) Diagonal abduction is movement by a limb through a diagonal plane about an oblique axis away from the midline of the body.
   - ◎ true
   - ◎ false

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12) Most outer bone is composed of cortical bone with cancellous bone underneath.
- ◎ true
- ◎ false

13) Cancellous bone is stiffer and can withstand greater stress, but less strain, than cortical bone.
- ◎ true
- ◎ false

14) Collagen in bone provides flexibility and strength to resist tension.
- ◎ true
- ◎ false

15) Bones continue to grow longitudinally as long as the epiphyseal plates are open.
- ◎ true
- ◎ false

16) Hyaline cartilage is quite resilient because it is slightly compressible and elastic.
- ◎ true
- ◎ false

17) Aging causes progressive gain of collagen and increases bone brittleness.
- ◎ true
- ◎ false

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

19) Bones reshape themselves based on the stresses that are placed upon them.
- ◎ true
- ◎ false

20) Ligaments and connective tissue provide dynamic stability to joints when actively contracting.
- ◎ true
- ◎ false

21) Diarthrodial joints are also known as synovial joints.
- ◎ true
- ◎ false

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

23) Considering all diarthrodial joints in the body, flexion and extension are the most commonly occurring movements.
- ◎ true
- ◎ false

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

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

26) Which of the following is the correct definition of kinesiology?
- A) The study of the principles of anatomy, physiology, and mechanics about 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

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

28) The frontal plane divides the body into_____.
- A) right and left halves
- B) front and back halves
- C) top and bottom halves
- D) medial and lateral halves

29) Movements in the transverse plane occur around the_____ axis.
- A) mediolateral
- B) anteroposterior
- C) vertical
- D) horizontal

30) Elbow extension takes place in the_____ plane.
- A) sagittal
- B) frontal
- C) transverse
- D) longitudinal

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31) Abduction takes place around the_____ axis.
A) sagittal
B) mediolateral
C) longitudinal
D) horizontal

32) Knee extension occurring from femoral condyles rotating forward on the tibia as a person stands from a squatting position is an example of accessory motion called_____.
A) glide
B) slide
C) roll
D) spin

33) Each of the following joints allows a slight amount of motion to occur except_____.
A) gomphosis
B) syndesmosis
C) synchondrosis
D) symphysis

34) Lowering the arm to the side or the thigh back to the anatomical position is an example of_____.
A) abduction
B) extension
C) adduction
D) circumduction

35) If the_____ plane runs from medial to lateral, then its axis must run from front to back.
A) frontal
B) transverse
C) sagittal
D) longitudinal

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

37) Which of the following terms means on or to the side; outside, farther from the median or midsagittal plane?
A) Anterolateral
B) Contralateral
C) Ipsilateral
D) Lateral

38) Bone is composed of all of the following except_____.
A) protein
B) calcium
C) phosphorus
D) water

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39) Which of the following is not a function performed by the skeletal system?
A) Protection of internal organs
B) Support to maintain posture
C) Storage of minerals
D) Production of heat

40) Motion of the bones relative to the three cardinal planes resulting from physiological movements is known as_____.
A) osteokinematic motion
B) arthrokinematic motion
C) accessory motion
D) osteochondral motion

41) The three specific types of accessory motions are_____.
A) slip, slide, and roll
B) spin, twirl, and glide
C) rock, slide, and circumfusion
D) roll, spin, and glide

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

43) Motion between the articular surfaces of bones is known as_____.
A) kinetics
B) osteokinematics
C) arthrokinematics
D) biomechanics

44) Forward movement of the shoulder girdle in the horizontal plane away from the spine is called_____.
A) pronation
B) protraction
C) retraction
D) reduction

45) Adduction movement at the wrist in the frontal plane of the little finger side of the hand toward the medial forearm is called_____.
A) palmar flexion
B) radial flexion
C) ulnar flexion
D) volar flexion

46) An instrument used to measure the change in joint angles is a(n)_____.
A) flexometer
B) jointometer
C) arthrometer
D) goniometer

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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.

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.

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.

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

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Answer Key

Test name: Chapter 01 Foundations of Structural Kinesiology

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
26) A
27) C
28) B
29) C
30) A
31) A
32) C
33) A
34) C
35) A
36) C
37) D
38) A
39) D
40) A
41) D
42) B
43) C
44) B
45) C
46) D
47) Essay
48) Essay
49) Essay
50) Essay

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