

***Manual of Structural Kinesiology 22nd edition Floyd
Test Bank***

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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

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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