

## Chapter 1: Basic Information

### Multiple Choice

*Identify the choice that best completes the statement or answers the question.*

- \_\_\_\_ 1. The fibula is on which side of the lower leg?
  - a. Medial
  - b. Lateral
  - c. Proximal
  - d. Distal
- \_\_\_\_ 2. The ulna is where in relation to the humerus?
  - a. Medial
  - b. Lateral
  - c. Proximal
  - d. Distal
- \_\_\_\_ 3. In anatomical position, the thumb is located where in relation to the fingers?
  - a. Medial
  - b. Lateral
  - c. Proximal
  - d. Distal
- \_\_\_\_ 4. In moving from anatomical position into fundamental position, the forearm moves into
  - a. pronation.
  - b. supination.
  - c. inversion.
  - d. eversion.
- \_\_\_\_ 5. When a person steps forward to release a bowling ball, what type of motion of the body is occurring?
  - a. Angular motion
  - b. Linear motion
  - c. Kinematic motion
  - d. Torque motion
- \_\_\_\_ 6. When a person grasps an overhead exercise bar and pulls it down, what type of motion is occurring at the shoulder joint?
  - a. Angular motion
  - b. Linear motion
  - c. Kinematic motion
  - d. Torque motion
- \_\_\_\_ 7. A movement of one bone on another bone to cause an *increase* in joint angle is called
  - a. flexion.
  - b. extension.
  - c. rotation.
  - d. circumduction.
- \_\_\_\_ 8. Sliding your foot under your chair to prepare to stand involves knee
  - a. flexion.
  - b. extension.
  - c. inversion.
  - d. abduction.
- \_\_\_\_ 9. Turning your head to look over your left shoulder involves cervical
  - a. left rotation.
  - b. right rotation.
  - c. left lateral bend.
  - d. right lateral bend.
- \_\_\_\_ 10. When the scapula moves into a protracted position, they move in what direction in relation to the spine?
  - a. Superior
  - b. Inferior
  - c. Medial
  - d. Lateral
- \_\_\_\_ 11. When a condition involves both of the legs, which of the following terms best describes this situation?
  - a. Unilateral
  - b. Ipsilateral
  - c. Bilateral
  - d. Contralateral
- \_\_\_\_ 12. When a person abducts the shoulder to 90 degrees, then moves the arm backward, what is that motion called?
  - a. Medial rotation
  - b. Lateral rotation
  - c. Horizontal adduction
  - d. Horizontal abduction

## **Chapter 1: Basic Information**

### **Answer Section**

#### **MULTIPLE CHOICE**

- |            |        |
|------------|--------|
| 1. ANS: B  | PTS: 1 |
| 2. ANS: D  | PTS: 1 |
| 3. ANS: B  | PTS: 1 |
| 4. ANS: A  | PTS: 1 |
| 5. ANS: B  | PTS: 1 |
| 6. ANS: A  | PTS: 1 |
| 7. ANS: B  | PTS: 1 |
| 8. ANS: A  | PTS: 1 |
| 9. ANS: A  | PTS: 1 |
| 10. ANS: D | PTS: 1 |
| 11. ANS: C | PTS: 1 |
| 12. ANS: D | PTS: 1 |