

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 |