

Chapter 01: Basic Kinesiology Terminology
Muscolino: The Muscular System Manual: The Skeletal Muscles of the Human Body,
4th Edition

MULTIPLE CHOICE

1. Which statement describes the two major divisions of human structure?
 - a. upper extremities and lower extremities
 - b. axial body and upper extremities
 - c. appendicular body and extremities
 - d. axial body and appendicular body

ANS: D

2. In kinesiology terminology, the arm is the body part located between the
 - a. shoulder joint and the tips of the fingers.
 - b. shoulder joint and the elbow joint.
 - c. side of the neck and the wrist joint.
 - d. medial border of the scapula and the wrist joint.

ANS: B

3. In kinesiology terminology, the leg is the body part located between the
 - a. hip joint and the knee joint.
 - b. knee joint and the ankle joint.
 - c. side of the pelvis and the toes.
 - d. hip joint and the tips of the toes.

ANS: B

4. What term means a standard reference for describing the location of structures on the human body?
 - a. axial location
 - b. functional position
 - c. anatomic position
 - d. flexion location

ANS: C

5. Which term describes a structure located farther to the front of the body?
 - a. anterior
 - b. posterior
 - c. medial
 - d. lateral

ANS: A

6. Which term describes a structure located closer to the midline of the body?
 - a. anterior
 - b. posterior
 - c. medial

d. lateral

ANS: C

7. Which pair of terms is usually used only on the appendicular body?
- a. anterior/posterior
 - b. medial/lateral
 - c. superior/inferior
 - d. proximal/distal

ANS: D

8. Which plane divides the body into left and right portions?
- a. sagittal
 - b. frontal
 - c. transverse
 - d. oblique

ANS: A

9. Which plane divides the body into anterior and posterior portions?
- a. sagittal
 - b. frontal
 - c. transverse
 - d. oblique

ANS: B

10. Which plane is horizontal?
- a. sagittal
 - b. frontal
 - c. transverse
 - d. oblique

ANS: C

11. Which planes are considered cardinal?
- a. sagittal and oblique
 - b. frontal and oblique
 - c. frontal and transverse
 - d. oblique and transverse

ANS: C

12. What relationship describes an axis to its plane?
- a. parallel
 - b. horizontal
 - c. perpendicular
 - d. oblique

ANS: C

13. What is the axis for the sagittal plane?

- a. mediolateral
- b. anteroposterior
- c. superoinferior
- d. vertical

ANS: A

14. What is the axis for the frontal plane?

- a. mediolateral
- b. anteroposterior
- c. superoinferior
- d. vertical

ANS: B

15. Which term describes movement away from the midline of the body?

- a. right rotation
- b. adduction
- c. flexion
- d. abduction

ANS: D

16. Which term describes movement that is posterior?

- a. flexion
- b. extension
- c. abduction
- d. pronation

ANS: B

17. Which movement term is used to describe motion of the forearm at the radioulnar joints?

- a. flexion
- b. abduction
- c. supination
- d. lateral rotation

ANS: C

18. Which term describes scapular movement resulting in the glenoid fossa facing more superiorly?

- a. upward tilt
- b. protraction
- c. downward rotation
- d. upward rotation

ANS: D

19. Which term is *not* a joint action?

- a. flexion
- b. circumduction
- c. right rotation
- d. dorsiflexion

ANS: B

20. Which term describes extension occurring beyond normal or healthy range of motion?
- circumduction
 - hypoextension
 - hyperextension
 - stability

ANS: C

21. Which movements usually occur within the frontal plane?
- flexion/extension
 - right rotation/left rotation
 - dorsiflexion/plantarflexion
 - abduction/adduction

ANS: D

22. Which movements usually occur within the transverse plane?
- flexion/extension
 - right rotation/left rotation
 - dorsiflexion/plantarflexion
 - abduction/adduction

ANS: B