

**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?
- a. circumduction
  - b. hypoextension
  - c. hyperextension
  - d. stability

ANS: C

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

ANS: D

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

ANS: B