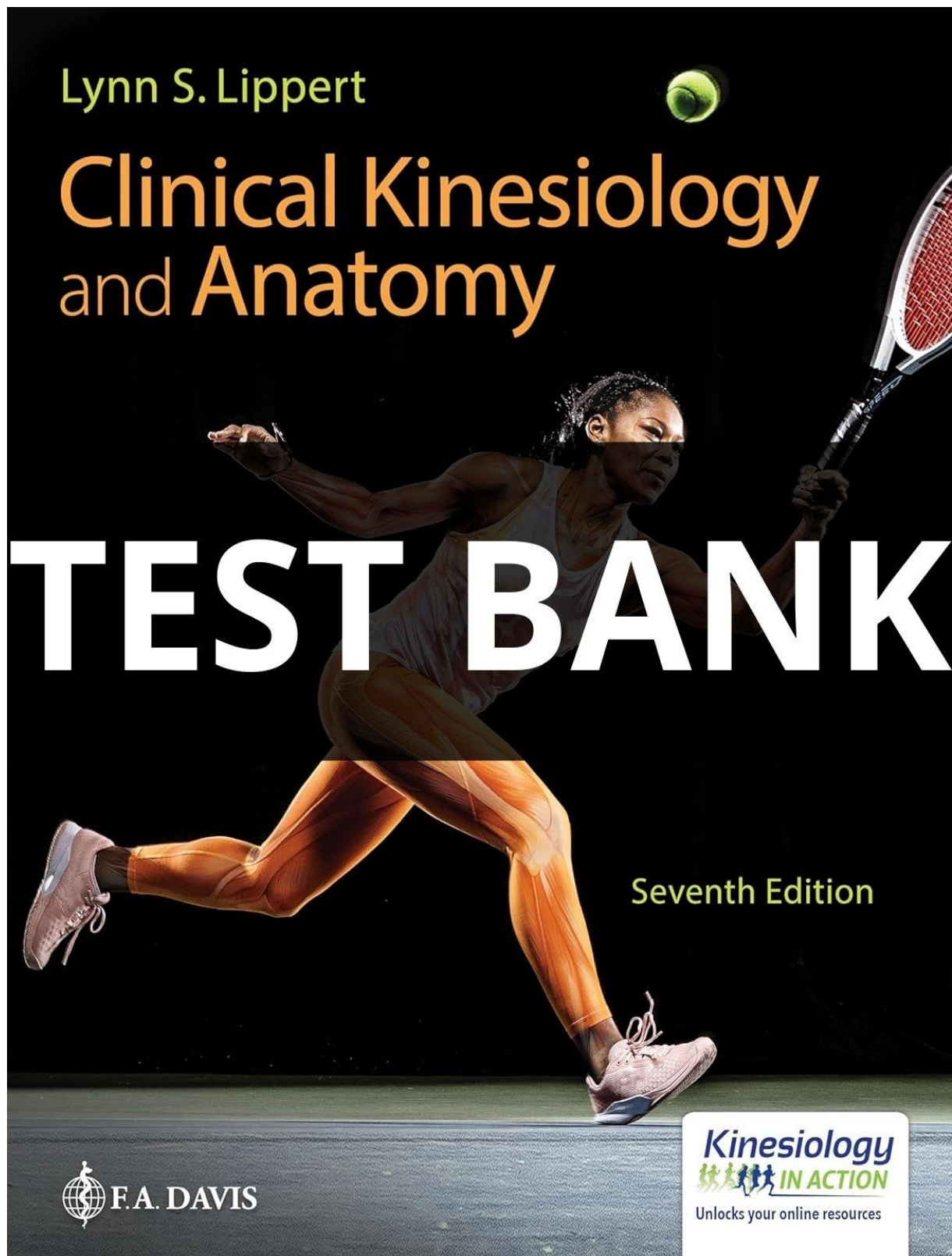


# Test Bank

**Clinical Kinesiology and Anatomy 7th  
Edition by Lynn S. Lippert**



## CHAPTER 1 : Basic Information

### Multiple Choice

Select the one best choice that completes the statement or answers the question.

1. Osteokinematic motions include:
  - a. Roll
  - b. Spin
  - c. Flexion
  - d. Glide
  
2. The frontal axis passes \_\_\_\_\_ through the \_\_\_\_\_ plane.
  - a. Top to bottom, horizontal
  - b. Front to back, frontal
  - c. Side to side, frontal
  - d. Side to side, sagittal
  
3. In which plane do scapular elevation and depression occur?
  - a. Horizontal
  - b. Frontal
  - c. Transverse
  - d. Sagittal
  
4. The anatomical position is:
  - a. Supine
  - b. Prone
  - c. The starting position for movements
  - d. The position of ideal posture
  
5. How many degrees of freedom does a biaxial joint have?
  - a. 1
  - b. 2
  - c. 3
  - d. 4
  
6. Which motions typically occur in the frontal plane?
  - a. Flexion-extension
  - b. Circumduction
  - c. Medial-lateral rotation
  - d. Abduction-adduction
  
7. The head is \_\_\_\_\_ to the pelvis.
  - a. Medial
  - b. Caudal
  - c. Superior
  - d. Ventral
  
8. The sagittal plane passes through the body:
  - a. Horizontally, dividing the body into top and bottom portions
  - b. Diagonally, dividing the body into triangular portions
  - c. Vertically, dividing the body into front and back portions
  - d. Vertically, dividing the body into right and left portions

9. The osteokinematic motion of extension is defined as movement of limb segment surfaces \_\_\_\_\_ .

- a. Anterior – away from each other
- b. Posterior – away from each other
- c. Anterior – towards each other
- d. Lateral – away from each other

10. Which of the following motions does not conform to the definition of that motion?

- a. Knee extension
- b. Hip lateral rotation
- c. Shoulder flexion
- d. Elbow extension

11. An individual sitting on a high stool swinging their feet is an example of:

- a. Closed kinetic chain
- b. Contralateral movement
- c. Open kinetic chain
- d. Anatomical position

12. When measuring range of motion, the anatomical position is what degree position?

- a. 180
- b. 0
- c. 90
- d. 120

13. The vertical axis passes through the plane:

- a. Front to back – sagittal
- b. Side to side – horizontal
- c. Side to side – frontal
- d. Superior to inferior – horizontal

14. The biceps brachii muscle is \_\_\_\_\_ to the skin and \_\_\_\_\_ to bone.

- a. Superior, inferior
- b. Caudal, cranial
- c. Deep, superficial
- d. Proximal, distal

15. Within which plane, and about which axis, does trunk lateral flexion occur?

- a. Frontal – sagittal
- b. Horizontal – vertical
- c. Sagittal – frontal
- d. Frontal – horizontal

16. The osteokinematic motion of abduction is defined as movement of a limb segment \_\_\_\_\_ the midline.

- a. Away from
- b. Superior to
- c. Toward
- d. Inferior to

17. In how many planes does a triaxial joint have motion?

- |    |   |    |   |
|----|---|----|---|
| a. | 4 | c. | 2 |
| b. | 3 | d. | 1 |

18. Which motions typically occur in the sagittal plane?

- |    |                        |    |                                |
|----|------------------------|----|--------------------------------|
| a. | Abduction-adduction    | c. | Horizontal abduction-adduction |
| b. | Protraction-retraction | d. | Flexion-extension              |

19. The right hand is \_\_\_\_\_ to the left hand and \_\_\_\_\_ to the right foot.

- |    |                  |    |                            |
|----|------------------|----|----------------------------|
| a. | Medial, lateral  | c. | Contralateral, ipsilateral |
| b. | Proximal, distal | d. | Ventral, dorsal            |

20. Within which plane, and about which axis, do medial and lateral rotation occur?

- |    |                       |    |                       |
|----|-----------------------|----|-----------------------|
| a. | Frontal – vertical    | c. | Horizontal – sagittal |
| b. | Horizontal – vertical | d. | Sagittal – frontal    |

## **CHAPTER 1 Basic Information**

### Answer Section

1.     Ans:   C
2.     Ans:   D
3.     Ans:   B
4.     Ans:   C
5.     Ans:   B
6.     Ans:   D
7.     Ans:   C
8.     Ans:   D
9.     Ans:   A
10.    Ans:   A
11.    Ans:   C
12.    Ans:   B
13.    Ans:   D
14.    Ans:   C
15.    Ans:   A
16.    Ans:   A

- 17.     Ans:    B
- 18.     Ans:    D
- 19.     Ans:    C
- 20.     Ans:    B

## **CHAPTER 2 Biomechanics**

### **Multiple Choice**

Select the one best choice that completes the statement or answers the question.

1.     Motion created by forces that incorporates factors of time, space, and mass of a moving system is described by which term?
  - a.     Osteokinematics
  - b.     Biomechanics
  - c.     Mechanics
  - d.     Kinematics
  
2.     Shear forces occurring within a joint are:
  - a.     Rolling
  - b.     Gliding
  - c.     Traction
  - d.     Compression
  
3.     A force that is not applied perpendicular to a limb segment produces a rotatory force and:
  - a.     Bending
  - b.     Force couple
  - c.     Traction or compression
  - d.     Shear or torsion
  
4.     A scalar quantity describes what characteristic(s) of an object?
  - a.     Velocity
  - b.     Distance
  - c.     Direction
  - d.     Magnitude
  
5.     A moment arm (MA) is the perpendicular distance between the application of a force and the:
  - a.     Resistance
  - b.     Axis
  - c.     Magnitude
  - d.     Pulley
  
6.     Putting a wheelchair in motion, the individual must overcome which of Newton's laws of motion?
  - a.     Law of action-reaction
  - b.     Law of acceleration
  - c.     Law of inertia
  - d.     None of the above

7. When an object bends, which force occurs on the convex side?
- a. Linear
  - b. Traction
  - c. Compression
  - d. Concurrent
8. A force that pushes body segments together creates:
- a. Traction
  - b. Mobility
  - c. Distraction
  - d. Compression
9. A vector describes:
- a. Speed and scalar
  - b. Area and mass
  - c. Mass and volume
  - d. Magnitude and direction
10. The upward force a supporting surface exerts on an individual when the individual pushes down on the supporting surface is termed:
- a. Ground reaction force
  - b. Counter force
  - c. Approximation
  - d. Friction
11. An individual is performing a push-up, and in the up position only the balls of his feet and his palm and fingers are in contact with the floor. What area is the base of support (BOS)?
- a. Area under balls of feet to top of head
  - b. Surface of body in contact with BOS in down position
  - c. Area between balls of feet to palms
  - d. Only area of balls of feet and palms
12. What is the effect of moving the line of gravity (LOG) to the edge of the base of support (BOS)?
- a. Increased stability
  - b. Increased mobility
  - c. No change in mobility
  - d. Decreased stability
13. The vector that represents the sum of the magnitude and directions of each individual vector is the:
- a. Resultant force
  - b. Linear force
  - c. Parallel force
  - d. Curvilinear force
14. Increasing the length of the force arm results in:
- a. Less resistance for the force to move
  - b. More resistance for the force to move
  - c. Less force needed to move resistance
  - d. More force needed to move resistance
15. Forces in the same plane and in the same or opposite directions are:
- a. Parallel forces
  - c. Perpendicular forces



## **CHAPTER 2 Biomechanics**

### **Answer Section**

1.      ANS: D
2.      ANS: B
3.      ANS: C
4.      ANS: D
5.      ANS: B
6.      ANS: C