

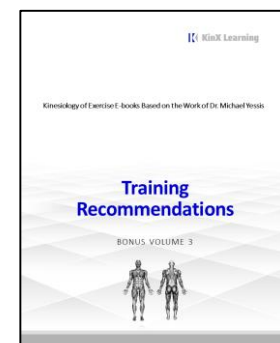
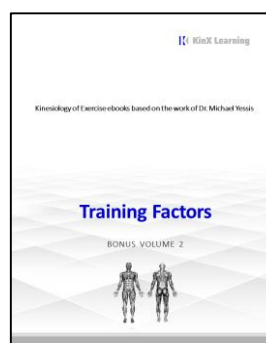
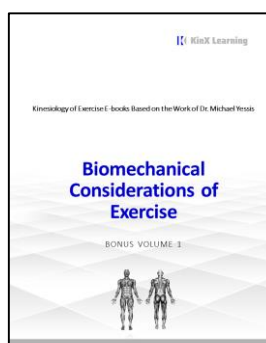
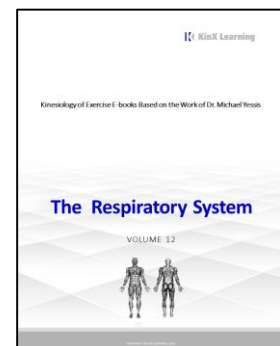
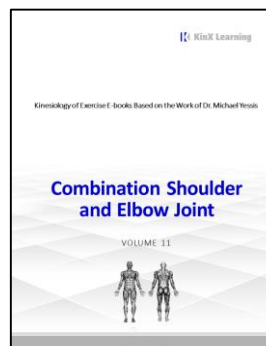
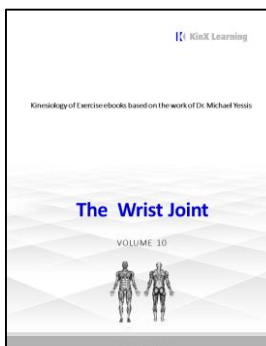
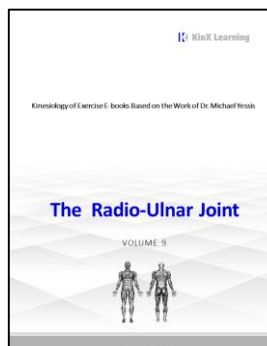
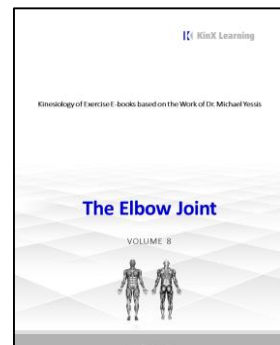
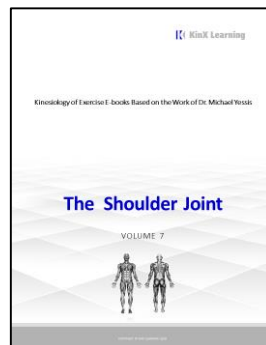
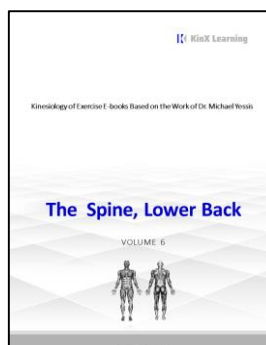
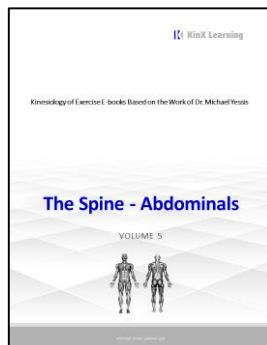
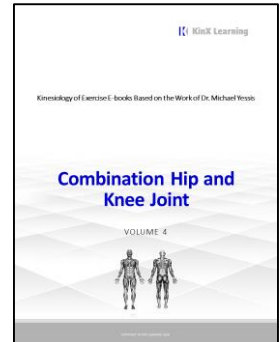
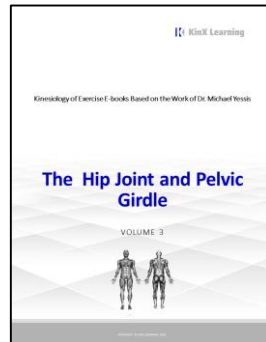
QUIZ

Kinesiology of Exercise EBook Volume 1 – The Ankle Joint

1. Which are articulations of the ankle joint?
 - A. Flexion and extension
 - B. Rotation and elevation
 - C. Abduction and adduction
 - D. Flexion and abduction
2. What are the two major muscles of the calf that make up the triceps surae group?
 - A. Peroneus tertius and tibialis anterior
 - B. Peroneus tertius and gastrocnemius
 - C. Gastrocnemius and soleus
 - D. Gastrocnemius and tibialis anterior
3. This muscle of the calf has two distinct heads.
 - A. Peroneus tertius
 - B. Soleus
 - C. Gastrocnemius
 - D. Tibialis anterior
4. Moving the foot upward toward the shin is called?
 - A. Extension
 - B. Flexion
 - C. Abduction
 - D. Adduction
5. Pointing the foot and toes away from the shin is called?
 - A. Extension
 - B. Flexion
 - C. Abduction
 - D. Adduction
6. Ankle extension is also known as?
 - A. Dorsi flexion
 - B. Plantar flexion
 - C. Dorsi abduction
 - D. Plantar abduction
7. In the calf raise exercise the joint action is?
 - A. Dorsi flexion
 - B. Plantar flexion
 - C. Dorsi abduction
 - D. Plantar abduction
8. In the calf raise exercise the two major muscles involved are the?
 - A. Peroneus tertius and tibialis anterior
 - B. Peroneus tertius and gastrocnemius
 - C. Gastrocnemius and soleus
 - D. Gastrocnemius and tibialis anterior
9. Which of the following exercises includes ankle flexion?
 - A. Squat
 - B. Lunge
 - C. Calf (Heel) raise
 - D. Toe raise
10. At the lower end this muscle combines with the soleus into the Achilles tendon, which attaches to the calcaneus (heel bone):
 - A. Extensor digitorum longus
 - B. Peroneus tertius
 - C. Soleus
 - D. Gastrocnemius

Answers: 1. A 2. C 3. C 4. B 5. A 6. B 7. B 8. C 9. D 10. D

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