

QUIZ

Kinesiology of Exercise ebook Volume 11 – Combination Shoulder and Elbow Joint

1. What is a compound exercise?
 - A. A multi-joint exercise
 - B. A single joint exercise
 - C. An exercise that only involves only the shoulder and elbow joints
 - D. An exercise that only involves only the elbow and wrist joints
2. Which of the following exercises is a compound exercise?
 - A. Bench Press
 - B. Row
 - C. Seated Butterfly
 - D. Front Arm Raise
3. Which of the following exercises is a not a compound exercise?
 - A. Bench Press
 - B. Pushup
 - C. Shrug
 - D. Dip
4. Which muscle is not involved in the bench press?
 - A. Pectoralis Major
 - B. Deltoid
 - C. Serratus Anterior
 - D. Trapezius
5. Which muscle is not involved in the machine overhead press?
 - A. Pectoralis Major
 - B. Coracobrachialis
 - C. Serratus Anterior
 - D. Trapezius
6. What is the shoulder joint action in the bench press?
 - A. Horizontal abduction
 - B. Horizontal flexion
 - C. Horizontal extension
 - D. Lateral rotation
7. What is the shoulder joint action in the machine overhead press?
 - A. Horizontal abduction
 - B. Horizontal flexion
 - C. Horizontal extension
 - D. Lateral rotation
8. Which exercise involves the same shoulder joint action as the bench press?
 - A. Chin-up
 - B. Machine overhead press
 - C. Pushup
 - D. Pull-up
9. Which muscle has three distinct sections that cover the anterior, middle and posterior of the shoulder?
 - A. Pectorals
 - B. Deltoid
 - C. Trapezius
 - D. Supraspinatus
10. Which muscle is covered by the pectoralis major?
 - A. Coracobrachialis
 - B. Pectoralis minor
 - C. Supraspinatus
 - D. Infraspinatus

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

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