

## QUIZ

### Kinesiology of Exercise EBook Volume 12 – The Respiratory System

1. Which is the major inspiratory muscle?

- A. Internal Intercostals
- B. Lungs
- C. Diaphragm
- D. Transverse Abdominis

2. Which are not expiratory muscles?

- A. External Intercostals
- B. Transverse Abdominus
- C. Rectus Abdominus
- D. Internal Intercostals

3. Which is typically the only muscle in action during rest when you have quiet breathing?

- A. Internal Intercostals
- B. External Intercostals
- C. Transverse Abdominis
- D. Diaphragm

4. The intercostals are sheets of muscular fibers located where?

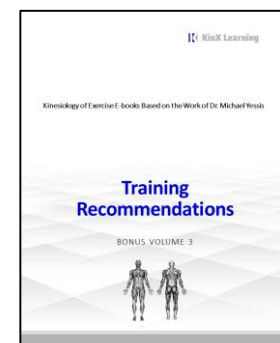
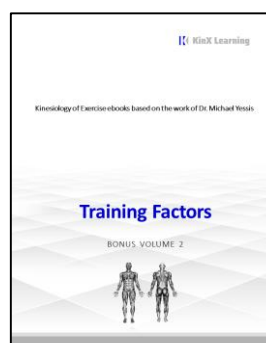
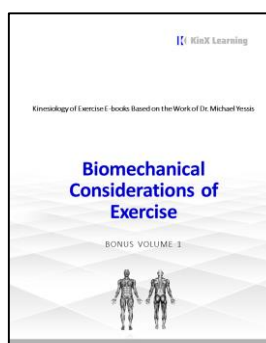
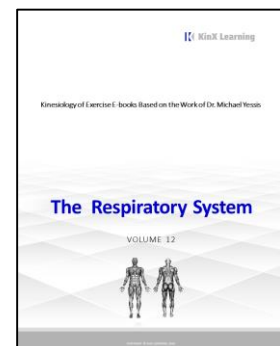
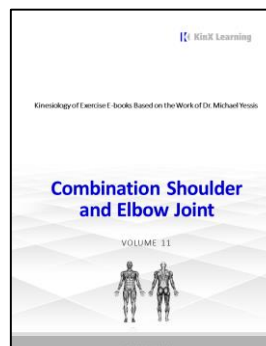
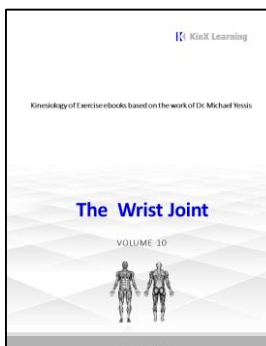
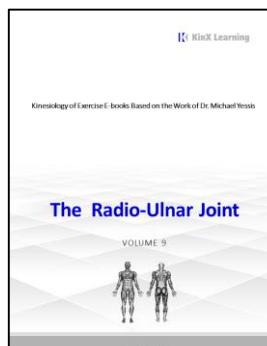
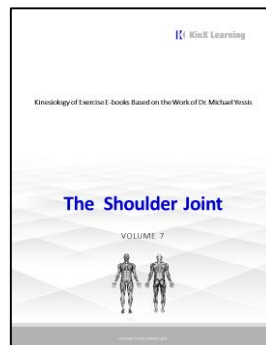
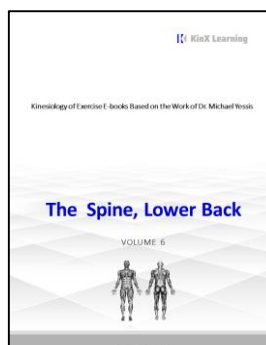
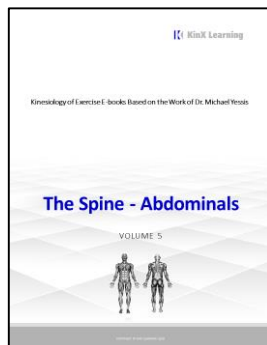
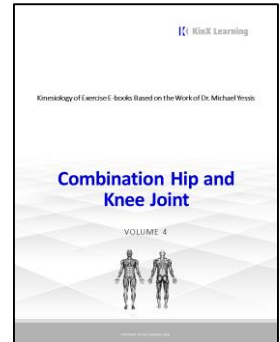
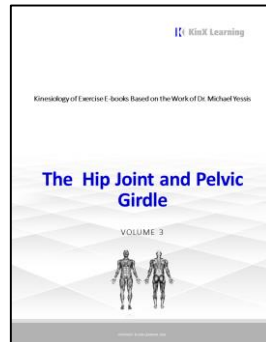
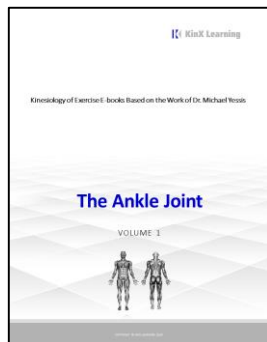
- A. Outside the ribs
- B. Between the ribs
- C. Inside the ribs
- D. Below the diaphragm

5. A device to do resistive exercises to strengthen the respiratory muscles needs to do which of the following?

- A. Force you to hold your breath.
- B. Prevent you from inhaling.
- C. Prevent you fro exhaling.
- D. Make it more difficult to either inhale or exhale.

**Answers: 1. C 2. A 3.D 4. B 5. D**

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