

QUIZ

Kinesiology of Exercise ebook Volume 2– The Knee Joint

1. Which are articulations of the knee joint?
 - A. Rotation and elevation
 - B. Abduction and adduction
 - C. Flexion and abduction
 - D. Flexion and extension
2. What are the major muscles of the thigh that make up the hamstring muscle group?
 - A. rectus femoris, biceps femoris
 - B. rectus femoris, vastus lateralis, vastus medialis, vastus intermedius
 - C. Semitendinosus, semimembranosus, biceps femoris
 - D. Semitendinosus, semimembranosus, rectus femoris
3. What are the major muscles of the thigh that make up the quadriceps femoris muscle group?
 - A. Rectus femoris, biceps femoris
 - B. Rectus femoris, vastus lateralis, vastus medialis, vastus intermedius
 - C. Semitendinosus, semimembranosus, biceps femoris.
 - D. Semitendinosus, semimembranosus, rectus femoris
4. Which of the following exercises includes knee extension?
 - A. Knee Curl
 - B. Standing Knee Curl
 - C. Leg Press
 - D. A and B
5. Which of the following exercises includes knee flexion?
 - A. Knee Curl
 - B. Standing Knee Curl
 - C. Squat
 - D. A and B
6. At the lower end this muscle joins the tendons of the four vastus muscles merging together onto the patella bone and surrounding ligaments.
 - A. Biceps Femoris
 - B. Rectus Femoris
 - C. Semitendinosus
 - D. Semimembranosus
7. What is the largest muscle of the hamstring group and has two heads.
 - A. Biceps Femoris
 - B. Rectus Femoris
 - C. Semitendinosus
 - D. Semimembranosus
8. What muscle lies beneath the rectus femoris?
 - A. Vastus lateralis
 - B. Vastus medialis
 - C. Vastus intermedius
 - D. Gracilis
9. In the knee curl exercise the hamstring involvement is greatest in which part?
 - A. Lower
 - B. Upper
 - C. All of the hamstring
 - D. No involvement
10. Knee extensions targets this muscle and also involves the knee extensors.
 - A. Semitendinosus
 - B. Semimembranosus
 - C. Vastus lateralis
 - D. Vastus medialis

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

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