

## QUIZ

### Kinesiology of Exercise ebook Volume 4 – Combination Hip and Knee Joint

1. What are the joint actions in the squat exercise?
  - A. Hip extension, knee extension
  - B. Hip flexion, knee flexion
  - C. Hip abduction, knee extension
  - D. Hip adduction, knee extension
2. Which muscle is not in the hamstring group?
  - A. Biceps Femoris
  - B. Rectus Femoris
  - C. Semitendinosus
  - D. Semimembranosus
3. Which muscle is not in the quadriceps group?
  - A. Vastus lateralis
  - B. Vastus medialis
  - C. Vastus intermedius
  - D. Gracilis
4. What major muscle is involved in the squat, leg press and lunge in addition to the hamstrings and quadriceps?
  - A. Gluteus Minimus
  - B. Gluteus Medius
  - C. Gluteus Maximus
  - D. Rectus femoris
5. In the squat exercise, the knee extension action involves which muscle or muscle group?
  - A. Hamstrings
  - B. Quadriceps
  - C. Gluteus Maximus
  - D. Gastrocnemius
6. In the squat exercise, the hip extension action involves which muscle or muscle group?
  - A. Hamstrings
  - B. Quadriceps
  - C. Gluteus Maximus
  - D. A and C
7. Which muscles lie side by side on the inner back of the thigh.
  - A. Semitendinosus, semimembranosus
  - B. biceps femoris, rectus femoris
  - C. Adductor brevis, adductor longus
  - D. Adductor magnus, Gracilis
8. Which muscle of the hamstring group has two heads?
  - A. Biceps Femoris
  - B. Rectus Femoris
  - C. Semitendinosus
  - D. Semimembranosus
9. Which is a large muscle positioned straight down the front of the thigh?
  - A. Biceps Femoris
  - B. Rectus Femoris
  - C. Semitendinosus
  - D. Semimembranosus
10. Which muscle of the quadriceps group vastus muscles lies on the outer side of the thigh?
  - A. Vastus lateralis
  - B. Vastus medialis
  - C. Vastus intermedius
  - D. Vastus femoris

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

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