

QUIZ

Kinesiology of Exercise EBook Volume 5 – The Spine, Abdominals

1. How many actions are possible in the spine?
 - A. 1
 - B. 2
 - C. 3
 - D. 4

2. Which action is bending sideways to the right or left?
 - A. Extension
 - B. Flexion
 - C. Lateral flexion
 - D. Rotation

3. Which action is forward bending of the spine?
 - A. Extension
 - B. Flexion
 - C. Lateral flexion
 - D. Rotation

4. Which exercise does not involve the rectus abdominus?
 - A. Sit-up
 - B. Reverse Sit-up
 - C. Crunch
 - D. Twisting

5. Which exercise does not involve the internal and external obliques?
 - A. Sit-up
 - B. Reverse Trunk Twist
 - C. Russian Twist
 - D. Twisting

6. Which exercise involves the iliopsoas?
 - A. Sit-up
 - B. Reverse Trunk Twist
 - C. Russian Twist
 - D. Hanging Leg Raise

7. Which muscle(s) is responsible for rotation of the upper and lower trunk, lateral flexion, and flexion of the spine?
 - A. Rectus abdominis
 - B. Internal and external obliques
 - C. Internal obliques only
 - D. External obliques only

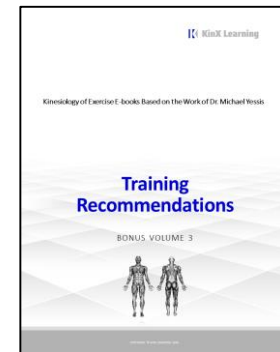
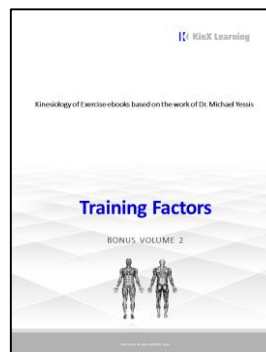
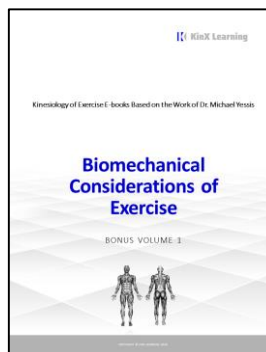
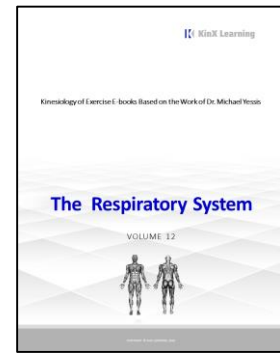
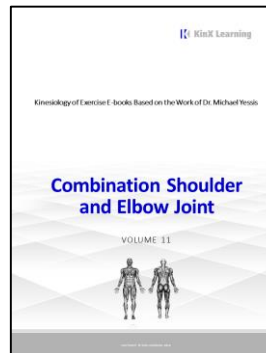
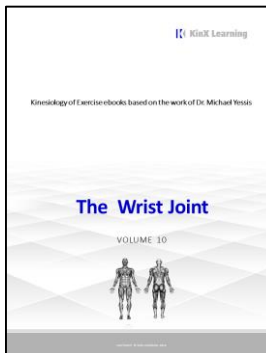
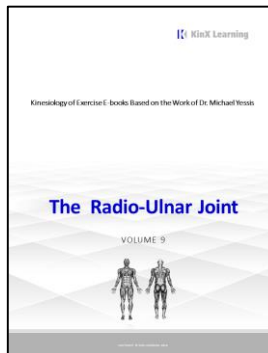
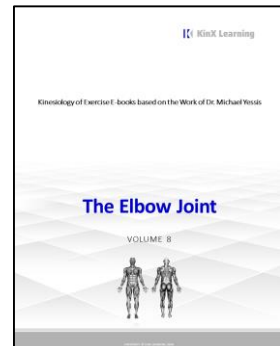
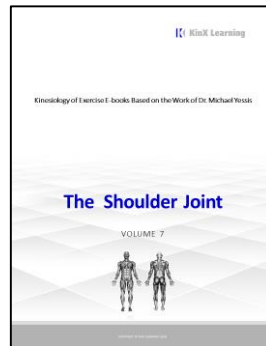
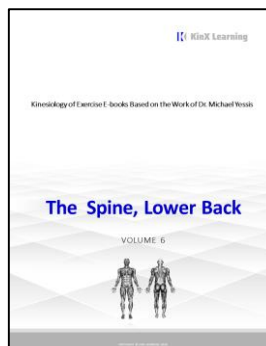
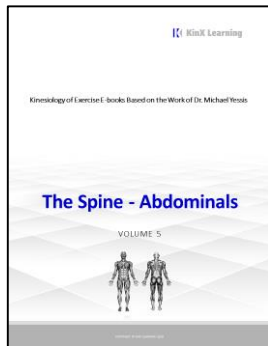
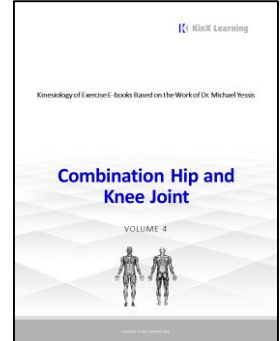
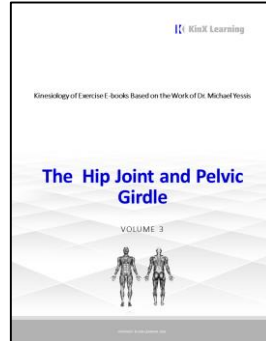
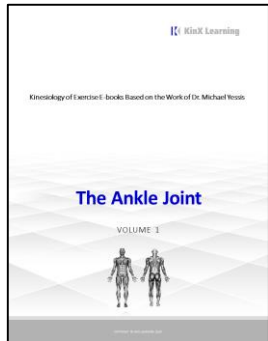
8. Which exercise targets the upper abdominals?
 - A. Crunch
 - B. Reverse Sit-up
 - C. Twisting
 - D. None

9. Which exercise targets the lower abdominals?
 - A. Crunch
 - B. Reverse Sit-up
 - C. Twisting
 - D. None

10. Which of the following is true?
 - A. The external oblique is located on both sides of the rectus abdominis
 - B. The internal oblique is located directly under the external oblique.
 - C. The rectus abdominis runs vertically across the front of the abdominal wall.
 - D. All are True.

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

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