

## QUIZ

### Kinesiology of Exercise ebook Volume 6 – The Spine, Lower Back

1. Which exercise involves extension of the spine?
  - A. Sit-up
  - B. Back Raise
  - C. Twisting
  - D. Side Bend
  
2. Which exercise involves lateral flexion of the spine?
  - A. Sit-up
  - B. Back Raise
  - C. Twisting
  - D. Side Bend
  
3. Which muscle groups are involved in extension of the spine?
  - A. Deep spinal group and a superficial spinal group
  - B. Hamstrings
  - C. Quadriceps
  - D. All
  
4. Which muscles are not part of the deep spinal muscle group?
  - A. Intertransversarii
  - B. Interspinalis rotatores
  - C. Multifidus
  - D. Spinalis dorsi
  
5. Which muscles are not part of the superficial spinal muscle group?
  - A. iliocostalis thoracis
  - B. Iliocostalis lumborum
  - C. Multifidus
  - D. Spinalis dorsi
  
6. Where is the quadratus lumborum located?
  - A. Under the rectus abdominus
  - B. Under the external obliques
  - C. Middle of the lower back
  - D. On each side of the spinal column
  
7. Which muscles are important in keeping the spine in lordosis during the squat, good morning and deadlift exercises?
  - A. External obliques
  - B. Internal obliques
  - C. Rectus abdominis
  - D. Erector Spinae
  
8. Which muscles play a role in holding the vertebrae and discs in place, as well as moving the spine?
  - A. External obliques
  - B. Internal obliques
  - C. Deep spinal group
  - D. Erector Spinae
  
9. Muscle insertion is on the angles of the ribs and on the transverse processes of all vertebrae.
  - A. Quadratus Lumborum
  - B. Erector Spinae muscle group
  - C. Deep spinal muscle group
  - D. Rectus abdominus
  
10. Muscle insertion is on the transverse processes of the upper two lumbar vertebrae and the lower border of the last rib.
  - A. Quadratus Lumborum
  - B. Erector Spinae muscle group
  - C. Deep spinal muscle group
  - D. Rectus abdominus

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

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