

QUIZ

Kinesiology of Exercise EBook Volume 7 – The Shoulder Joint

1. The shoulder joint has how many possible actions?
 - A. 2
 - B. 4
 - C. 8
 - D. 12

2. Which of the following comprises the shoulder girdle?
 - A. scapula and femur
 - B. clavicle and femur
 - C. scapula and sternum
 - D. scapula and clavicle

3. Moving the arm down and to the rear.
 - A. Extension
 - B. Flexion
 - C. Abduction
 - D. Adduction

4. Moving the arm upward and in front of the body.
 - A. Extension
 - B. Flexion
 - C. Abduction
 - D. Adduction

5. Moving the arm sideward and upward away from the body.
 - A. Extension
 - B. Flexion
 - C. Abduction
 - D. Adduction

6. Moving the arm sideward and downward towards the body.
 - A. Extension
 - B. Flexion
 - C. Abduction
 - D. Adduction

7. Which exercise has shoulder joint extension?
 - A. Front Arm Raise
 - B. Lateral Arm Raise
 - C. Lat Pulldown
 - D. Seated Row

8. Which exercise has shoulder joint flexion?
 - A. Front Arm Raise
 - B. Lateral Arm Raise
 - C. Lat Pulldown
 - D. Seated Row

9. Which exercise has shoulder joint abduction?
 - A. Front Arm Raise
 - B. Lateral Arm Raise
 - C. Lat Pulldown
 - D. Seated Row

10. Which exercise has shoulder joint adduction?
 - A. Front Arm Raise
 - B. Lateral Arm Raise
 - C. Lat Pulldown
 - D. Seated Row

11. Moving the arm horizontally from the front of the body towards the side. Also called shoulder joint horizontal abduction.

- A. Horizontal Extension
- B. Horizontal Flexion
- C. Lateral Rotation
- D. Medial Rotation

12. Moving the arm horizontally towards the front of the body. Also called shoulder joint horizontal adduction.

- A. Horizontal Extension
- B. Horizontal Flexion
- C. Lateral Rotation
- D. Medial Rotation

13. Moving the arm horizontally from the front of the body towards the side.

- A. Horizontal Abduction
- B. Horizontal Adduction
- C. Lateral Rotation
- D. Medial Rotation

14. Moving the arm horizontally towards the front of the body.

- A. Horizontal Abduction
- B. Horizontal Adduction
- C. Lateral Rotation
- D. Medial Rotation

15. Rotation of the humerus outward.

- A. Horizontal Abduction
- B. Horizontal Adduction
- C. Lateral Rotation
- D. Medial Rotation

16. Rotation of the humerus inward.

- A. Horizontal Abduction
- B. Horizontal Adduction
- C. Lateral Rotation
- D. Medial Rotation

17. Which exercise has shoulder joint horizontal extension?

- A. Front Arm Raise
- B. Lat Pulldown
- C. Seated Butterfly
- D. Lateral Prone Raise (Reverse Fly)

18. Which exercise has shoulder joint horizontal flexion?

- A. Front Arm Raise
- B. Lat Pulldown
- C. Seated Butterfly
- D. Lateral Prone Raise (Reverse Fly)

19. Which exercise has shoulder joint horizontal abduction?

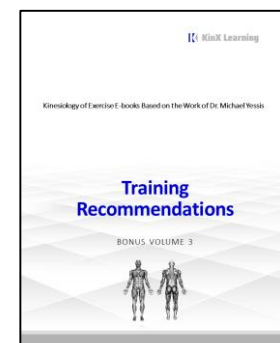
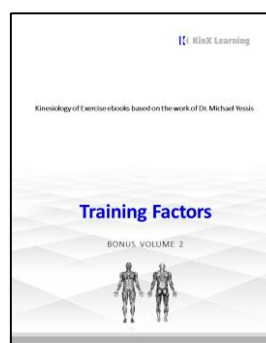
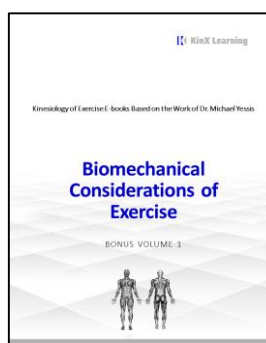
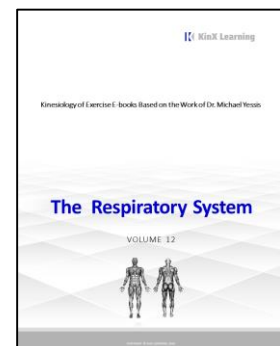
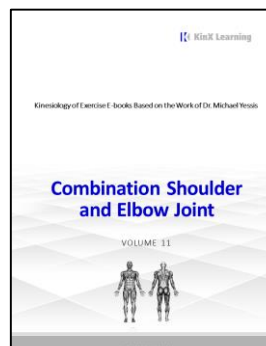
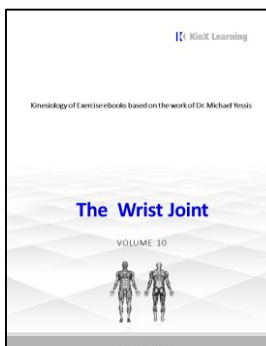
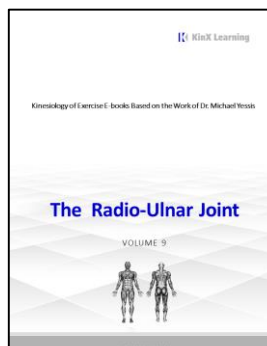
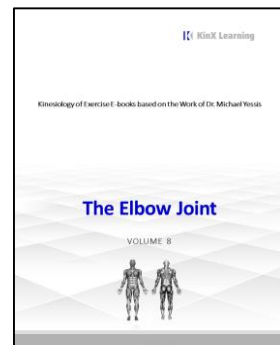
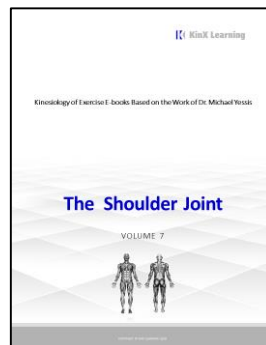
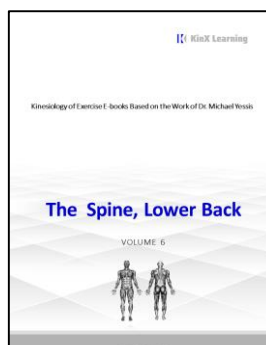
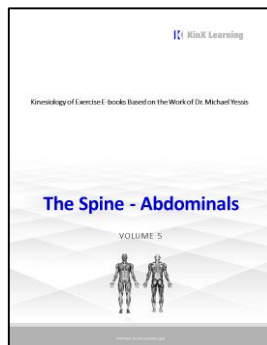
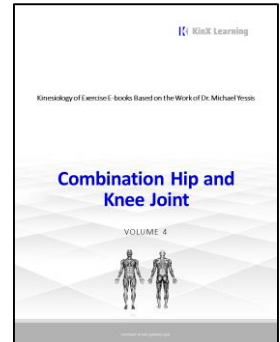
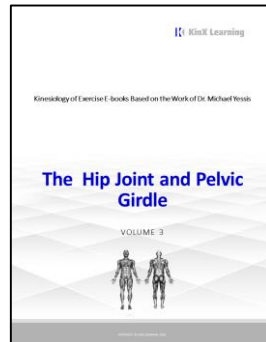
- A. Front Arm Raise
- B. Bench Press
- C. Seated Butterfly
- D. Lateral Prone Raise (Reverse Fly)

20. Which exercise has shoulder joint horizontal adduction?

- A. Front Arm Raise
- B. Bench Press
- C. Seated Butterfly
- D. Lateral Prone Raise (Reverse Fly)

Answers: 1. C 2. D 3. A 4. B 5. C 6. D 7. B 8. A 9. B 10. C
11. A 12. B 13. A 14. B 15. C 16. D 17. D 18. C 19. D 20. C

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