

QUIZ

Kinesiology of Exercise ebook Volume 7 – The Shoulder Joint (A)

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

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

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