

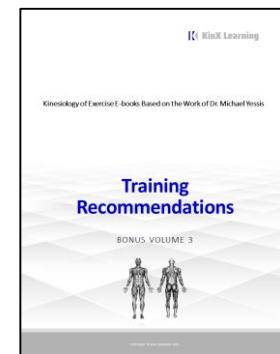
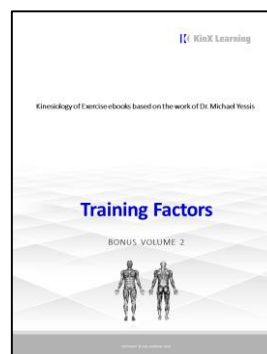
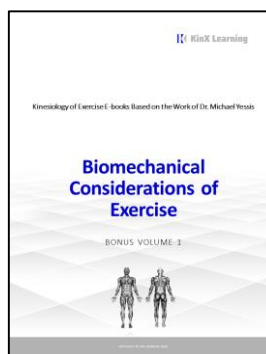
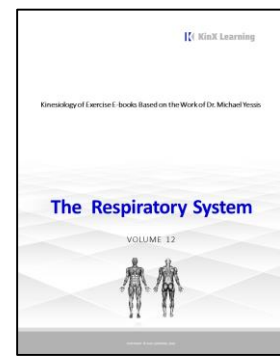
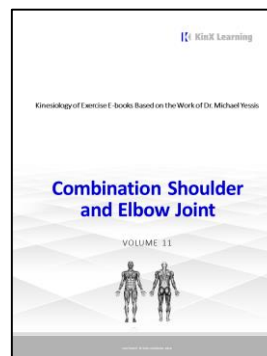
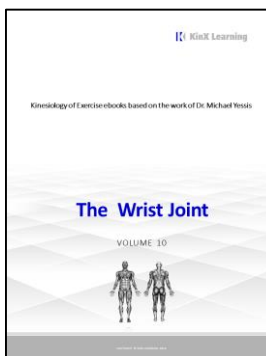
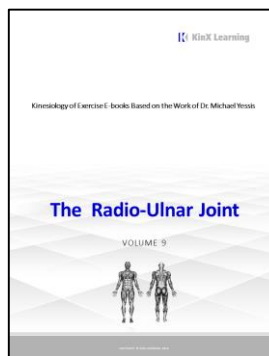
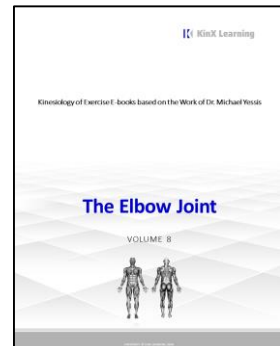
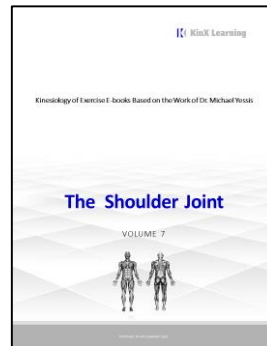
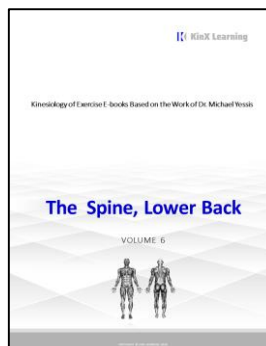
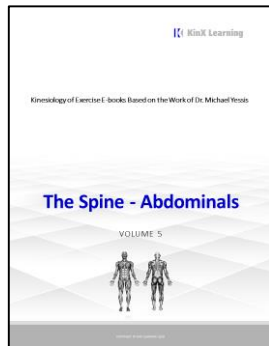
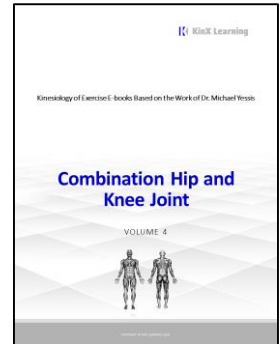
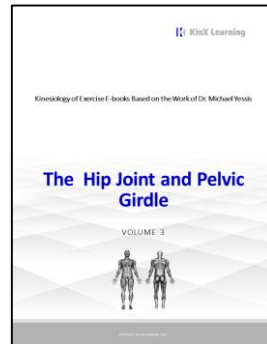
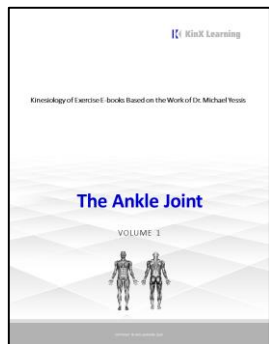
## QUIZ

### Kinesiology of Exercise EBook Volume 7 – The Shoulder Joint (B)

1. 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
  
2. 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
  
3. 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
  
4. Moving the arm horizontally towards the front of the body.
  - A. Horizontal Abduction
  - B. Horizontal Adduction
  - C. Lateral Rotation
  - D. Medial Rotation
  
5. Rotation of the humerus outward.
  - A. Horizontal Abduction
  - B. Horizontal Adduction
  - C. Lateral Rotation
  - D. Medial Rotation
  
6. Rotation of the humerus inward.
  - A. Horizontal Abduction
  - B. Horizontal Adduction
  - C. Lateral Rotation
  - D. Medial Rotation
  
7. Which exercise has shoulder joint horizontal extension?
  - A. Front Arm Raise
  - B. Lat Pulldown
  - C. Seated Butterfly
  - D. Lateral Prone Raise (Reverse Fly)
  
8. Which exercise has shoulder joint horizontal flexion?
  - A. Front Arm Raise
  - B. Lat Pulldown
  - C. Seated Butterfly
  - D. Lateral Prone Raise (Reverse Fly)
  
9. Which exercise has shoulder joint horizontal abduction?
  - A. Front Arm Raise
  - B. Bench Press
  - C. Seated Butterfly
  - D. Lateral Prone Raise (Reverse Fly)
  
10. 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.A 2.B 3.A 4.B 5.C 6.D 7.D 8.C 9.D 10.C**

Learn the kinesiology of exercise with KinX Learning EBooks. 13 volumes plus 3 bonus volumes. Expert content, professionally illustrated, instant download - start learning now.



[www.kinxlearning.com](http://www.kinxlearning.com)