

QUIZ

Kinesiology of Exercise ebook Volume 8 – The Elbow Joint

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

2. Moving the forearm away from upper arm in an arm-straightening action.
 - A. Abduction
 - B. Adduction
 - C. Extension
 - D. Flexion

3. Moving the forearm toward the upper arm or vice versa.
 - A. Abduction
 - B. Adduction
 - C. Extension
 - D. Flexion

4. Which exercise has elbow joint extension?
 - A. French Press
 - B. Triceps Kickback
 - C. Triceps Pushdown
 - D. All

5. Which exercise has elbow joint flexion?
 - A. Biceps Curl
 - B. Triceps Kickback
 - C. Triceps Pushdown
 - D. All

6. Which muscles are involved in elbow joint extension?
 - A. Biceps
 - B. Triceps
 - C. Deltoid
 - D. Serratus Anterior

7. Which muscles are involved in elbow joint flexion?
 - A. Biceps
 - B. Triceps
 - C. Deltoid
 - D. Serratus Anterior

8. Which muscle has a long and short head?
 - A. Brachialis
 - B. Brachioradialis
 - C. Biceps Brachii
 - D. Triceps

9. Which muscle is divided into three sections, known as the lateral (outer) head, medial (middle) head, and long (inner) head.
 - A. Brachialis
 - B. Brachioradialis
 - C. Biceps Brachii
 - D. Triceps

10. Which muscle is found on the outer surface of the forearm and creates the rounded contour from the elbow to the thumb.
 - A. Brachialis
 - B. Brachioradialis
 - C. Biceps Brachii
 - D. Triceps

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

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