

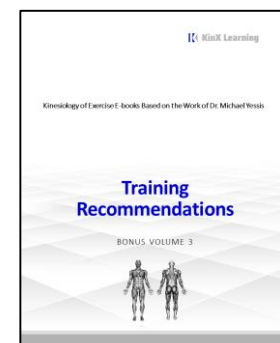
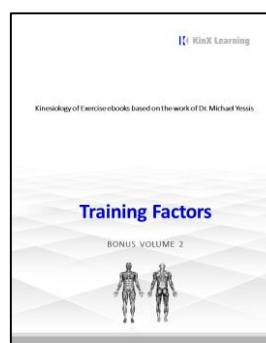
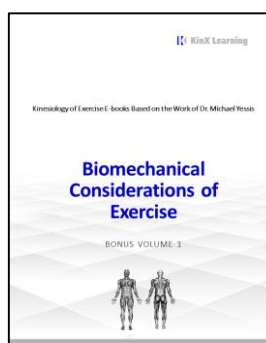
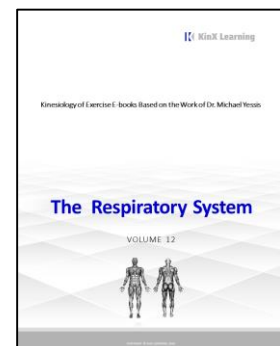
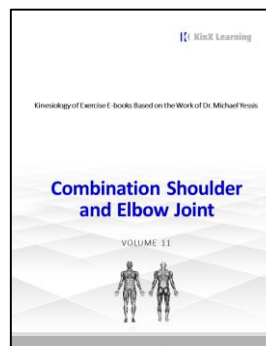
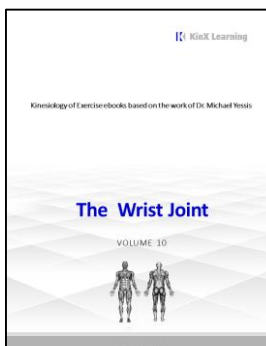
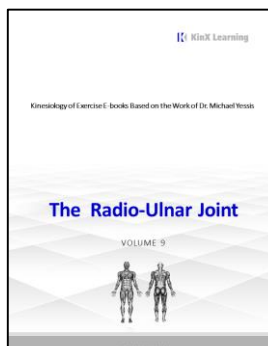
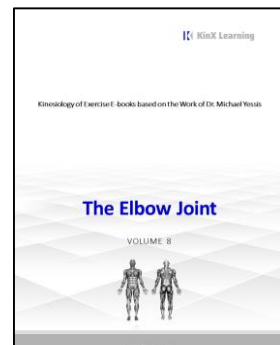
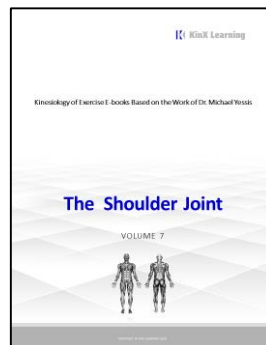
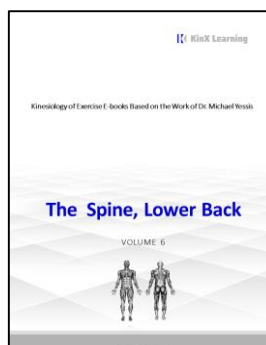
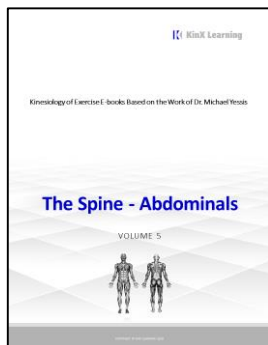
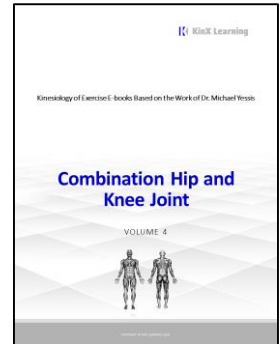
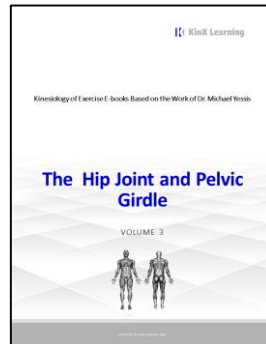
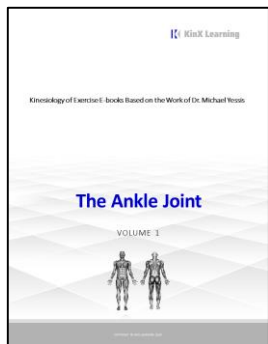
QUIZ

Kinesiology of Exercise Ebook Volume 9 – The Radio-Ulnar Joint

1. The radio-ulnar joint is a combination of how many joints?
 - A. 3: The proximal (elbow), middle, and distal (wrist) radio-ulnar joints.
 - B. 2: The proximal (elbow), and distal (wrist) radio-ulnar joints.
 - C. 2: The proximal (elbow), and middle (wrist) radio-ulnar joints.
 - D. 2: The middle and distal (wrist) radio-ulnar joints.
2. The radio-ulnar joint has how many possible actions?
 - A. 1
 - B. 2
 - C. 3
 - D. 4
3. Rotating the forearm so that the hand is turned palm down.
 - A. Supination
 - B. Pronation
 - C. Flexion
 - D. Extension
4. Rotating the forearm so that the hand is turned palm up.
 - A. Supination
 - B. Pronation
 - C. Flexion
 - D. Extension
5. Which muscles are involved in supination?
 - A. Supinator only
 - B. Supinator and biceps
 - C. Supinator and forearm flexors
 - D. Supinator and forearm extensors
6. Which muscles are involved in pronation?
 - A. The supinator and biceps
 - B. The flexor carpi ulnaris and the flexor carpi radialis
 - C. The extensor carpi radialis longus and brevis and the extensor carpi ulnaris
 - D. The pronator teres and the pronator quadratus
7. In which exercises do you not see supination or pronation?
 - A. Supination with the strength bar
 - B. Pronation with the strength bar
 - C. Power wrist roller
 - D. Wrist curl
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.B 3.A 4.B 5.B 6.D 7.D 8.A 9.D 10.A

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