

# Kinesiology of Exercise Quizzes

Based on the Work of Dr. Michael Yessis



Volume 11 - Combination Shoulder and Elbow Joint

**KinX Learning**

# Kinesiology of Exercise Quizzes by KinX Learning

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KinX Learning Quizzes are based on the work of Dr. Michael Yessis.

1. What is a compound exercise?

A. An exercise that works multiple muscle groups

B. An exercise that works a single muscle group

C. An exercise that only involves only the shoulder and elbow joints

D. An exercise that only involves only the elbow and wrist joints

[ANSWER](#)

2. Which of the following exercises is a compound exercise?

A. Bench Press

B. Triceps Kickback

C. Biceps curl

D. Front Arm Raise

[ANSWER](#)

3. Which of the following exercises is a not a compound exercise?

A. Bench Press

B. Pushup

C. Biceps Curl

D. Bar Dip

[ANSWER](#)

4. Which muscle is not involved in the bench press?

A. Pectoralis Major

B. Deltoid

C. Serratus Anterior

D. Trapezius

[ANSWER](#)

5. Which muscle is not involved in the machine overhead press?

A. Pectoralis Major

B. Latissimus Dorsi

C. Serratus Anterior

D. Trapezius

[ANSWER](#)

6. What is the shoulder joint action in the bench press?

A. Horizontal abduction

B. Horizontal flexion

C. Horizontal extension

D. Lateral rotation

[ANSWER](#)



7. What is the shoulder joint action in the military press?

A. Horizontal abduction

B. Flexion

C. Horizontal extension

D. Lateral rotation

[ANSWER](#)

8. Which exercise involves the same shoulder joint action as the bench press?

A. Chin-up

B. Machine overhead press

C. Pushup

D. Pull-up

[ANSWER](#)

9. Which muscle has three distinct sections that cover the anterior, middle and posterior of the shoulder?

A. Pectorals

B. Deltoid

C. Trapezius

D. Supraspinatus

[ANSWER](#)

10. Which muscle is covered by the pectoralis major?

A. Coracobrachialis

B. Pectoralis minor

C. Supraspinatus

D. Infraspinatus

[ANSWER](#)

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Answers 1.A

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2.A

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3.C

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4.D

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5.B

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6.B

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7.B

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8.C

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9.B

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10.B

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There are many exercises that involve the shoulder joint, shoulder girdle, elbow joint, and sometimes the wrist joint simultaneously or in sequence. These are called compound or multi-joint exercises. Examples of these exercises are the bench press, overhead press, dip, pull-up, and pushup.

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# A

An exercise that works multiple muscle groups

The pectoralis major and the anterior deltoid are involved in shoulder joint horizontal flexion (adduction) in the bench press.

In the shoulder girdle, the pectoralis minor and serratus anterior are involved in scapula abduction.

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# A

Bench Press

In the biceps curl exercise, the biceps brachii, brachialis, and brachioradialis muscles are involved in elbow joint flexion.

It is an isolation exercise for the biceps.

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# C

## Biceps Curl



In the bench press the pectoralis major and the anterior deltoid are involved in shoulder joint horizontal flexion (adduction) in the bench press.

In the shoulder girdle, the pectoralis minor and serratus anterior are involved in scapula abduction.

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## D

Trapezius

In the shoulder joint the major muscles are the anterior deltoid, the pectoralis major (upper portion), and the coracobrachialis.

In the shoulder girdle the major muscles are the serratus anterior and the upper and lower fibers of the trapezius.

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## B

Latissimus Dorsi

The pectoralis major and the anterior deltoid are involved in shoulder joint horizontal flexion (adduction) in the bench press. In this action the arms travel in a plane perpendicular to the trunk. Initially the arms are out to the sides in line with the shoulders and then they move upward until they are directly above the chest.

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## B

Horizontal flexion

The term military press is not in common use today but the exercise is still used extensively. In the shoulder joint the major muscles are the anterior deltoid, the pectoralis major (upper portion), and the coracobrachialis. They are involved in shoulder joint flexion in which the upper arm travels in the anterior-posterior plane from a position in front of the body upward to an overhead position.

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## B

Flexion

In the pushup the anterior deltoid, pectoralis major, and coracobrachialis are involved in horizontal adduction in the shoulder joint.

In the bench press the pectoralis major and the anterior deltoid are also involved in shoulder joint horizontal flexion (adduction).

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# C

Pushup

The deltoid has three distinct sections - the anterior, middle and posterior portion, which cover the front, top, and rear of the shoulder respectively.

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## B

Deltoid

The pectoralis minor is a small muscle located on the front of the upper chest that is covered by the pectoralis major.

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## B

Pectoralis minor

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