# Kinesiology of Exercise Quizzes 

## Based on the Work of Dr. Michael Yessis



Volume 12 - The Respiratory System

## KinX Learning

# Kinesiology of Exercise Quizzes by KinX Learning 

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1. Which is the major inspiratory muscle?
A. Internal Intercostals
B. Lungs
C. Diaphragm
D. Transverse Abdominis

ANSWER

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2. Which are not expiratory muscles?
A. External Intercostals
B. Transverse Abdominus
C. Rectus Abdominus
D. Internal Intercostals

ANSWER

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3. Which is typically the only muscle in action during rest when you have quiet breathing?
A. Internal Intercostals
B. External Intercostals
C. Transverse Abdominis
D. Diaphragm

ANSWER

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4. The intercostals are sheets of muscular fibers located where?
A. Outside the ribs
B. Between the ribs
C. Inside the ribs
D. Below the diaphragm

ANSWER

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5. A device to do resistive exercises to strengthen the respiratory muscles needs to do which of the following?
A. Force you to hold your breath.

## B. Prevent you from inhaling.

C. Prevent you from exhaling.
D. Make it more difficult to either inhale or exhale.

ANSWER

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Answers 1. C
2. $A$
3. D
4. B
5. D

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The major inspiratory muscle is the diaphragm. It is a dome shaped sheet that separates the thoracic and abdominal cavities. It is composed of both muscle and tendon with tendon at the peak of the dome.

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The intercostals are sheets of muscular fibers located between the ribs. It is believed that the external intercostales act to lift the ribs in inspiration. In essence, they lift the rib below up and out. The more ribs that get involved, the greater will be the total expansion of the lower rib cage As a result, they assist the diaphragm in expanding the thoracic cavity.

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## I inX Learning

During rest, when you have quiet breathing, the diaphragm is typically the only respiratory muscle in action.

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## I inX Learning

The intercostals are sheets of muscular fibers located between the ribs.

It is believed that the external intercostales act to lift the ribs in inspiration. In essence, they lift the rib below up and out.
The internal intercostals appear to act in an opposite manner to the external intercostals. Thus, they act as expiratory muscles during activities that require heavy breathing by pulling the ribs in and together.

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## I inX Learning

To do resistive exercises to strengthen the respiratory muscles it is necessary to use a resistive device. That is, a device that makes it more difficult to either inhale or exhale as for example, the Breather, also known as the Sports Breather.

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Make it more difficult
to either inhale or exhale.

## Kinesiology of Exercise eBooks

Volume 1 - The Ankle Joint
Volume 2 - The Knee Joint
Volume 3 - The Hip Joint and Pelvic Girdle
Volume 4 - Combination Hip and Knee Joint
Volume 5 - The Spine, Abdominals
Volume 6 - The Spine, Lower Back

Volume 7 - The Shoulder Joint
Volume 8 - The Elbow Joint
Volume 9 - The Radio-Ulnar Joint
Volume 10 - The Wrist Joint
Volume 11 - Combination Shoulder and Elbow Joint

Volume 12 - The Respiratory System
Volume 13 - The Fingers and Hand

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