

Kinesiology of Exercise Quizzes

Based on the Work of Dr. Michael Yessis



Volume 7 – The Shoulder Joint

KinX Learning

Kinesiology of Exercise Quizzes by KinX Learning

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1. The shoulder joint has how many possible actions?

A. 2

B. 4

C. 8

D. 12

[ANSWER](#)

2. Which of the following comprises the shoulder girdle?

A. Scapula and femur

B. Clavicle and femur

C. Scapula and sternum

D. Scapula and clavicle

[ANSWER](#)

3. What shoulder action is moving the arm down and to the rear.

A. Extension

B. Flexion

C. Abduction

D. Adduction

[ANSWER](#)

4. What shoulder joint action is moving the arm upward and in front of the body.

A. Extension

B. Flexion

C. Abduction

D. Adduction

[ANSWER](#)

5. What shoulder joint action is moving the arm sideward and upward away from the body.

A. Extension

B. Flexion

C. Abduction

D. Adduction

[ANSWER](#)

6. What shoulder joint action is moving the arm sideward and downward towards the body.

A. Extension

B. Flexion

C. Abduction

D. Adduction

[ANSWER](#)

7. Which exercise has shoulder joint extension?

A. Front Arm Raise

B. Lateral Arm Raise

C. Lat Pulldown with a narrow neutral grip

D. Reverse Fly

[ANSWER](#)

8. Which exercise has shoulder joint flexion?

A. Front Arm Raise

B. Lateral Arm Raise

C. Lat Pulldown

D. Seated Row

[ANSWER](#)

9. Which exercise has shoulder joint abduction?

A. Front Arm Raise

B. Lateral Arm Raise

C. Lat Pulldown

D. Seated Row

[ANSWER](#)

10. Which exercise has shoulder joint adduction?

A. Front Arm Raise

B. Lateral Arm Raise

C. Lat pulldown with a wide pronated grip

D. Butterfly

[ANSWER](#)

11. 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

[ANSWER](#)

12. 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

[ANSWER](#)

13. Which muscle does not serve as the primary movers of the arm at the shoulder joint?

A. Deltoid

B. Coracobrachialis

C. Pectoralis major

D. Pectoralis minor

[ANSWER](#)

14. Which muscle involved in shoulder joint abduction lies under the deltoid?

A. Serratus anterior

B. Coracobrachialis

C. Supraspinatus

D. Teres major

[ANSWER](#)

15. What shoulder joint action is rotation of the humerus outward?

A. Horizontal Abduction

B. Horizontal Adduction

C. Lateral Rotation

D. Medial Rotation

[ANSWER](#)

16. What shoulder joint action is rotation of the humerus inward?

A. Horizontal Abduction

B. Horizontal Adduction

C. Lateral Rotation

D. Medial Rotation

[ANSWER](#)

17. Which muscle assist the uppermost portion of the trapezius is involved in scapula elevation?

A. Levator scapulae

B. Coracobrachialis

C. Supraspinatus

D. Rhomboid

[ANSWER](#)

18. Which muscle works together with the middle fibers of the trapezius in scapula adduction in pulling the scapula in close to the spine?

A. Coracobrachialis

B. Supraspinatus

C. Rhomboid

D. Teres major

[ANSWER](#)

19. Which exercise has shoulder joint horizontal abduction (horizontal extension)?

A. Front Arm Raise

B. Bench Press

C. Dumbbell Fly (Butterfly)

D. Lateral Prone Raise (Reverse Fly)

[ANSWER](#)

20. Which exercise has shoulder joint horizontal adduction (horizontal flexion)?

A. Front Arm Raise

B. Bench Press

C. Dumbbell fly (Butterfly)

D. Lateral Prone Raise (Reverse Fly)

[ANSWER](#)

Answers

1. C

2. D

3. A

4. B

5. C

6. D

7. C

8. A

9. B

10. C

11. A

12. B

13. D

14. C

15. C

16. D

17. A

18. C

19. D

20. C

Extension

Moving the arm down and to the rear.

Flexion

Moving the arm upward and in front of the body.

Abduction

Moving the arm sideward and upward away from the body.

Adduction

Moving the arm sideward and downward towards the body.

Horizontal Extension (Horizontal Abduction)

Moving the arm horizontally from the front of the body towards the side.

Horizontal Flexion (Horizontal Adduction)

Moving the arm horizontally towards the front of the body.

Lateral Rotation

Rotation of the humerus outward.

Medial Rotation

Rotation of the humerus inward.

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It is impossible to talk about the movements of the shoulder joint without also discussing the shoulder girdle, which consists of the scapula and clavicle (collar bone).

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D

Scapula and clavicle

Two movements possible in the shoulder joint are as follows: flexion, in which the arm is moved upward and in front; the return movement is known as extension, in which the arm moves down and to the rear; and hyperextension, when the arm passes the plane of the body and continues moving backward and upward.

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A

Extension

Two movements possible in the shoulder joint are as follows: flexion, in which the arm is moved upward and in front; the return movement is known as extension, in which the arm moves down and to the rear; and hyperextension, when the arm passes the plane of the body and continues moving backward and upward.

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B

Flexion

Movement of the arm sideward and upward is known as abduction, and the return movement with the arm moving sideward and downward toward the body is known as adduction.

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C

Abduction

Movement of the arm sideward and upward is known as abduction, and the return movement with the arm moving sideward and downward toward the body is known as adduction.

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D

Adduction

In the narrow neutral grip variant, the lower latissimus dorsi, the lower pectoralis major, and the teres major are involved in shoulder joint extension. In this action the arms move from in front of the body down to the sides of the trunk.

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C

Lat Pulldown with a narrow neutral grip

The action in this exercise is shoulder joint flexion, in which the arms move directly forward and upward from a position alongside the body.

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A

Front Arm Raise

Lateral arm raises involve the deltoid and supraspinatus in shoulder joint abduction, when the arms are raised sideways from a position alongside the body.

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B

Lateral Arm Raise

In the pronated wide grip variant, the upper latissimus dorsi, the teres major, and the lower pectoralis major muscles are involved in shoulder joint adduction. In this action your arms are pulled down in a side (lateral) plane until your upper arm is below shoulder level.

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C

Lat pulldown with a wide
proned grip

The movement of the arm as it moves horizontally toward the front of the body is known as horizontal flexion or horizontal adduction.

Movement in the opposite direction, from the front position horizontally to the side, is known as horizontal extension or horizontal abduction.

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A

Horizontal Extension

The movement of the arm as it moves horizontally toward the front of the body is known as horizontal flexion or horizontal adduction.

Movement in the opposite direction, from the front position horizontally to the side, is known as horizontal extension or horizontal abduction.

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B

Horizontal Flexion

The muscles that serve as the primary movers of the arm at the shoulder joint are the deltoid, coracobrachialis, pectoralis major, latissimus dorsi and teres major, the long and short heads of the biceps and the long head of the triceps on the posterior side.

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D

Pectoralis Minor

The major muscles involved in shoulder joint abduction are the deltoid and the supraspinatus.

The supraspinatus lies under the deltoid in the supraspinatus fossa on the top posterior section of the scapula.

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C

Supraspinatus

The humerus can also be turned inward around its long axis, which is known as medial or inward rotation. Outward or lateral rotation is the opposite movement, in which the arm rotates to the outside.

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C

Lateral Rotation

The humerus can also be turned inward around its long axis, which is known as medial or inward rotation. Outward or lateral rotation is the opposite movement, in which the arm rotates to the outside.

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D

Medial Rotation

The very uppermost portion of the trapezius is involved in scapula elevation. Assisting it is the levator scapulae muscle. The levator scapulae is a small muscle on the back and side of the neck beneath the upper trapezius.

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A

Levator Scapulae

The middle fibers of the trapezius are involved in scapula adduction. They work together with the rhomboid in pulling the scapula in close to the spine.

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C

Rhomboid

In the reverse fly the muscles of the shoulder joint that are involved are the middle and posterior deltoid, the infraspinatus, and the teres minor. They are involved in horizontal extension (abduction) in which your arms are brought from a position in front of your body (hanging down vertically with the trunk horizontal) up and to your sides until they are in line with your shoulders and above (beyond) the level of your back.

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D

Lateral Prone Raise
(Reverse Fly)

In the dumbbell horizontal adduction, which involves the anterior deltoid, coracobrachialis, and pectoralis major muscles, occurs in the shoulder joint. In this action your arms move from an out-to-the-sides position toward the midline of your chest. Your arms remain on a level with your shoulders.

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C

Dumbbell Fly
(Butterfly)

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