Kinesiology of Exercise Quizzes

Based on the Work of Dr. Michael Yessis



Volume 8 – The Elbow Joint

KinX Learning

Kinesiology of Exercise Quizzes by KinX Learning

Published by KinX Learning

www.kinxlearning.com

Copyright © 2021 KinX Learning

All rights reserved. No portion of this book may be reproduced in any form without permission from the publisher, except as permitted by U.S. copyright law. For permissions contact: support@kinxlearning.com.

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

KinX Learning

1. The elbow joint has how many possible actions?

A. 2	
B. 4	
C. 8	
D. 12	
	ANSWER

2. Moving the forearm away from upper arm in an arm-straightening action.

- A. Elbow joint abduction
- B. Elbow joint adduction
- C. Elbow joint extension
- D. Elbow joint flexion

3. Moving the forearm toward the upper arm or vice versa.

- A. Elbow joint adduction
- B. Elbow joint adduction
- C. Elbow joint extension
- D. Elbow joint 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 muscle is 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
ANSWER

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		
ANSWER		

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	
ANSWER	

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

In flexion the forearm moves toward the upper arm or vice versa. In extension the forearm moves away from the upper arm in an arm-straightening action. The reverse action, in which the upper arm moves away from the forearm, is also possible. This is seen in the lowering phase of a pull-up or chin-up.

Back to Quiz

A

2

In elbow joint extension the forearm moves away from the upper arm in an arm-straightening action.

Back to Quiz

Elbow Joint Extension

In elbow joint flexion the forearm moves toward the upper arm or vice versa.

Back to Quiz

Elbow Joint Flexion

In the French Press, Triceps Kickback and Triceps Pushdown the triceps brachii muscle is involved in elbow joint extension.

Back to Quiz

D

Αl

In the biceps curl exercise, the biceps brachii, brachialis, and brachioradialis muscles are involved in elbow joint flexion. In this action the forearm moves toward the upper arm from a fully extended position of the arm.

Back to Quiz

A

Biceps Curl

Only one major muscle is involved in elbow joint extension - the triceps brachii, which is a large muscle that covers the entire back side of the upper arm. It is divided into three sections, known as the lateral (outer) head, medial (middle) head, and long (inner) head.

Back to Quiz

B

Triceps

The major flexor muscles of the elbow joint are the biceps brachii, brachialis, and brachioradialis muscles.

Back to Quiz

A

Bicep

The biceps brachii has a long and a short head. The division between them can be seen in bodybuilders in whom this muscle is well developed and who have little fat in the area.

Back to Quiz

C

Biceps Brachii

Only one major muscle is involved in elbow joint extension - the triceps brachii, which is a large muscle that covers the entire back side of the upper arm. It is divided into three sections, known as the lateral (outer) head, medial (middle) head, and long (inner) head.

Back to Quiz

D

Triceps

The brachioradialis is found on the outer surface of the forearm and creates the rounded contour from the elbow to the thumb. Its origin is on the upper two-thirds of the lateral supra-condyloid ridge of the humerus (close to the elbow) and insertion is on the lateral surface of the radius at the base of the styloid process (very close to the wrist).

Back to Quiz

B

Brachioradialis

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

KinX Learning