

***Kinesiology Skeletal System and Muscle Function 3rd
edition Muscolino Test Bank***

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Chapter 02: Mapping the Human Body

Muscolino: Kinesiology: The Skeletal System and Muscle Function, 3rd Edition

MULTIPLE CHOICE

1. Anatomic position involves the person standing erect and facing:
 - a. forward, arms at sides, palms facing anteriorly, and fingers and thumbs extended.
 - b. forward, arms at sides, palms facing posteriorly, and fingers and thumbs extended.
 - c. backward, palms facing inward toward the thighs, and fingers and thumbs extended.
 - d. sideways, arms at sides, palms facing anteriorly, and fingers and thumbs extended.

ANS: A

Facing forward, arms at sides, palms facing anteriorly, and fingers and thumbs extended describes anatomic position.

PTS: 1

DIF: 1

REF: p. 13

2. The importance of anatomic position is that it is the:
 - a. most comfortable position for the body.
 - b. healthiest position for the body.
 - c. reference position for mapping the body.
 - d. easiest position in which to identify landmarks on the body.

ANS: C

Anatomic position is used as a reference for naming locations on the human body.

PTS: 1

DIF: 2

REF: p. 13

3. A structure that is located farther to the front of the body than another structure is described as being:
 - a. posterior.
 - b. medial.
 - c. superficial.
 - d. anterior.

ANS: D

The term *anterior* means further to the front.

PTS: 1

DIF: 1

REF: p. 14

4. A structure that is located closer toward the midline of the body than another structure is described as being:
 - a. posterior.
 - b. medial.
 - c. superficial.
 - d. anterior.

ANS: B

The term *medial* implies closer to an imaginary line that divides the body into left and right halves.

PTS: 1 DIF: 1 REF: p. 15

5. A structure that is located farther toward the side of the body than another structure is described as being:
- anterior.
 - medial.
 - lateral.
 - proximal.

ANS: C

The term *lateral* refers to the sides of any area or structure.

PTS: 1 DIF: 1 REF: p. 15

6. A structure that is located closer to the surface of the body than another structure is described as being:
- superficial.
 - deep.
 - proximal.
 - superior.

ANS: A

The term *superficial* implies closer to the surface of the body.

PTS: 1 DIF: 1 REF: p. 17

7. On the appendicular body, a structure that is located closer to the trunk than another structure is described as being:
- anterior.
 - distal.
 - medial.
 - proximal.

ANS: D

Proximal means closer to the axial body. Proximal relates to the word proximity.

PTS: 1 DIF: 1 REF: p. 16

8. Which pairs of terms are correctly used on the axial body?
- Anterior-posterior, superior-inferior, and medial-lateral
 - Proximal-distal, superficial-deep, and medial-lateral
 - Superior-inferior, medial-lateral, and radial-ulnar
 - Tibial-fibular, superficial-deep, and anterior-posterior

ANS: A

Superior and inferior are used only on the axial regions, whereas proximal, distal, and names relative to the bones of extremities are used for the appendages.

PTS: 1 DIF: 2 REF: pp. 14-16

9. Which term literally means belly?

- a. Anterior
- b. Ventral
- c. Posterior
- d. Superficial

ANS: B

From Latin *venter*, meaning *belly, stomach*.

PTS: 1 DIF: 1 REF: p. 14

10. Which concept maps the three dimensions of space?
- a. Axes
 - b. Directional terms
 - c. Planes
 - d. Body parts

ANS: C

Planes map the three dimensions of space.

PTS: 1 DIF: 1 REF: p. 19

11. What plane divides the body into left and right portions?
- a. Sagittal
 - b. Frontal
 - c. Transverse
 - d. Oblique

ANS: A

The sagittal plane divides the body into right and left.

PTS: 1 DIF: 1 REF: p. 20

12. What plane divides the body into anterior and posterior portions?
- a. Sagittal
 - b. Frontal
 - c. Transverse
 - d. Oblique

ANS: B

The frontal plane, also called the coronal plane, divides the body into anterior and posterior crown.

PTS: 1 DIF: 1 REF: p. 20

13. Which plane is oriented horizontally?
- a. Sagittal
 - b. Frontal
 - c. Transverse
 - d. Oblique

ANS: C

The transverse, or horizontal, plane divides the body into superior and inferior, or the extremities into proximal and distal.

PTS: 1 DIF: 1 REF: p. 20

14. Which plane can have components of both sagittal and transverse planes?
- Frontal
 - Coronal
 - Oblique
 - Cardinal

ANS: C

Oblique implies diagonal, which will cross two planes.

PTS: 1 DIF: 2 REF: p. 20

15. Which statement is *true* regarding motion of the body?
- Motion of a body part occurs within a plane.
 - Motion of a body part occurs at a joint.
 - Axial motion involves a body part moving around an axis.
 - All of these are correct.

ANS: D

We observe motions where joints move, measure them through planes, and *axial* means movement around an axis.

PTS: 1 DIF: 2 REF: pp. 20-22

16. The term for an imaginary line around which a body part moves is:
- axis.
 - plane.
 - fulcrum.
 - joint.

ANS: A

An axis is a reference point around which movement is observed.

PTS: 1 DIF: 1 REF: p. 22

17. Movement of a body part within the sagittal plane occurs around what axis?
- Mediolateral
 - Anteroposterior
 - Superoinferior
 - Oblique

ANS: A

A mediolateral axis runs medial to lateral, or lateral to medial. Therefore, movements that occur in the sagittal plane move around a mediolateral axis.

PTS: 1 DIF: 2 REF: p. 23

18. Movement of a body part within the frontal plane occurs around what axis?
- Mediolateral
 - Anteroposterior

- c. Superoinferior
- d. Oblique

ANS: B

An anteroposterior axis runs anterior to posterior, or posterior to anterior. Therefore, movements that occur in the frontal plane move around an anteroposterior axis.

PTS: 1 DIF: 2 REF: p. 24

19. Movement of a body part within the transverse plane occurs around what axis?
- a. Mediolateral
 - b. Anteroposterior
 - c. Superoinferior
 - d. Oblique

ANS: C

A superoinferior axis runs superior to inferior, or inferior to superior. Therefore, movements that occur in a transverse plane move around a superoinferior axis.

PTS: 1 DIF: 2 REF: p. 24

20. What is another name for a vertical axis?
- a. Frontal-horizontal
 - b. Sagittal-horizontal
 - c. Superoinferior
 - d. Oblique

ANS: C

Vertical means running superior to inferior, or inferior to superior. Therefore another name for a vertical axis is superoinferior.

PTS: 1 DIF: 1 REF: p. 24

21. Which movement term can be used to describe motion of a body part around an axis?
- a. Axial
 - b. Circular
 - c. Angular
 - d. All of these

ANS: D

All options are directional terms.

PTS: 1 DIF: 2 REF: p. 22

22. Using the analogy of a door for visualizing an axis of motion, the:
- a. hinge pin is the axis around which the door moves.
 - b. hinge pin provides movement in an oblique plane.
 - c. doorknob is the axis around which the door moves.
 - d. doorknob provides movement in a transverse plane.

ANS: A

The hinge pin is the axis because it stays fixed while the door moves around it.

PTS: 1 DIF: 2 REF: p. 24

23. What plane divides the body into upper and lower portions?
- a. Sagittal
 - b. Frontal
 - c. Transverse
 - d. Coronal

ANS: C

The transverse, or horizontal, plane divides the body into upper and lower portions.

PTS: 1 DIF: 1 REF: p. 20

24. Which plane is *not* a cardinal plane?
- a. Sagittal
 - b. Frontal
 - c. Transverse
 - d. Oblique

ANS: D

Cardinal planes are the major planes, sagittal, frontal, and transverse, used to describe movement terms. An oblique movement would be a combination of two of the three cardinal planes.

PTS: 1 DIF: 1 REF: p. 20

25. Movement of a body part that is in a combination of sagittal, frontal, and transverse planes occurs around which axis?
- a. Mediolateral
 - b. Anteroposterior
 - c. Superoinferior
 - d. Oblique

ANS: D

An oblique axis is in a combination of two or more of the cardinal planes.

PTS: 1 DIF: 2 REF: pp. 20-21