

***Essentials of Kinesiology for the Physical Therapist
Assistant 4th edition Mansfield Test Bank***

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Test Bank - Chapter 01

Q: Translation occurs when:

- A. All parts of a body move in the same direction as every other part (Correct)**
- B. All parts of a body move in opposite directions
- C. A body moves around an axis of rotation
- D. The center of mass is constant

Q: If a clinician provided the force necessary to move a person's limb through the ranges of motion, this movement would demonstrate:

- A. Active movements
- B. Gravitational range of motion
- C. Simulated movements
- D. Passive range of motion (Correct)**

Q: The motion of bones relative to the three cardinal planes of the body is known as:

- A. Transverse adjustment
- B. Anatomic positioning
- C. Osteokinematics (Correct)**
- D. Pivot point rot

Q: _____ describes a circular motion through two planes.

- A. Adduction
- B. Circumduction (Correct)**
- C. Flexion
- D. Extension

Q: When multiple points along one rotating articular surface contact multiple points on another articular surface, this is known as a:

- A. Roll (Correct)**
- B. Slide
- C. Spin
- D. Lever

Q: Rotation describes:

- A. The arc of movement of a body about an axis (Correct)**
- B. Movements generated by an active muscle
- C. Movements generated by non-muscular activation such as gravity
- D. Motion of the sagittal plane

Q: The plane dividing the body into right and left halves is the:

- A. Frontal plane
- B. Horizontal plane
- C. Sagittal plane (Correct)**
- D. Transverse plane

Q: _____ are used in kinesiology to represent the magnitude and direction of a force.

- A. Axes of rotation
- B. Vectors (Correct)**
- C. Levers
- D. External torques

Q: The moment arm is defined as:

- A. Tension generated from ligamentous elongation
- B. The arthrokinematic spin occurring in the shoulder
- C. Motion occurring between the articular surfaces of joints
- D. The length between the axis of rotation and the perpendicular intersection of the force (Correct)**

Q: The amount of _____ generated across a joint depends on the amount of force exerted and the distance between the force and the axis of rotation.

- A. Torque (Correct)**
- B. Lever strength
- C. Slide
- D. Closed-chain motion

Q: Movement of the distal segment of bone about a relatively fixed proximal segment is often referred to as a(n) _____.

- A. Closed-chain motion
- B. Arthrokinematic loop
- C. Open-chain motion (Correct)**
- D. Convex articulation

Q: Movement of the proximal segment of bone about a relatively fixed—or stationary—distal segment is referred to as a(n) _____.

- A. Closed-chain motion (Correct)**
- B. Arthrokinematic loop
- C. Open-chain motion
- D. Convex articulation

Q: The motion of a top moving in one spot on the floor would best be described as _____

- A. Roll
- B. Spin (Correct)**
- C. Slide
- D. Drop

Q: Both passive and active forces generated from within the body are known as _____

- A. External forces
- B. Intrinsic movements
- C. Extrinsic movements
- D. Internal forces (Correct)**

Q: The origins of the word *kinesiology* are from the Greek *kinesis*, “to move,” and *ology*, “to study.”

A. True (Correct)

B. False

Q: Kinematics is a branch of biomechanics that deals only with the effects of torque on the body.

A. True

B. False (Correct)

Q: The sagittal plane divides the body into left and right halves.

A. True (Correct)

B. False

Q: The frontal plane divides the body into upper and lower sections.

A. True

B. False (Correct)

Q: *Degrees of freedom* refers to the number of planes of motion allowed at a joint.

A. True (Correct)

B. False

Q: *Abduction* describes movement of a body segment in the frontal plane, toward the midline.

A. True

B. False (Correct)

Q: *Protraction* describes the translation of a bone away from the midline in a plane parallel to the ground.

A. True (Correct)

B. False