

***Trail Guide to the Body - A hands-on guide to
locating muscles bones and more 6th edition Biel Test
Bank***

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Pectoralis Major

MULTIPLE CHOICE

1. Which muscle is divided into three segments: clavicular, sternal and costal?
- trapezius
 - pectoralis minor
 - pectoralis major
 - serratus anterior

ANS: C PTS: 1 REF: p. 89

2. Which muscle is an antagonist to itself?
- pectoralis major
 - pectoralis minor
 - serratus anterior
 - rhomboid major

ANS: A PTS: 1 REF: p. 89

3. Which of the following is a part of the origin of the pectoralis major?
- cartilage of ribs 7 - 12
 - medial half of clavicle and sternum
 - sternum, xiphoid process and linea alba
 - lateral half of clavicle and coracoid process

ANS: B PTS: 1 REF: p. 89

4. Which is the insertion of the pectoralis major?
- crest of greater tubercle of humerus
 - lesser tubercle of humerus
 - shaft of the humerus
 - intertubercular groove of humerus

ANS: A PTS: 1 REF: p. 89

5. Which of the following is an action of the pectoralis major's upper fibers?
- horizontally abduct the shoulder
 - horizontally adduct the shoulder
 - extend the shoulder
 - laterally rotate the shoulder

ANS: B PTS: 1 REF: p. 89

6. What is the MOST important aspect of your approach to palpating near breast tissue?
- awareness of nipple location
 - communication with partner
 - positioning
 - draping

ANS: B PTS: 1 REF: p. 90

7. If you follow the fibers of pectoralis major laterally, they blend with the fibers of which muscle?
- deltoid

- b. subscapularis
- c. latissimus dorsi
- d. pectoralis minor

ANS: A PTS: 1 REF: p. 90

8. Flexing the shoulder and pulling the arm anteriorly while palpating the pectoralis major in a sidelying position has what benefit?
- a. less risk of brachial plexus impingement
 - b. allows better access to subclavius
 - c. brings pectoralis major off the chest wall while breast tissue falls away from area
 - d. provides greater access to the sternal segment

ANS: C PTS: 1 REF: p. 91

Bones of the Shoulder & Arm

MULTIPLE CHOICE

1. The three bones that make up the shoulder complex are the clavicle, scapula and _____?
- a. sternum
 - b. rib
 - c. humerus
 - d. vertebra

ANS: C PTS: 1 REF: p. 48

2. Both sternoclavicular and acromioclavicular are what type of joints?
- a. synovial
 - b. cartilaginous
 - c. fibrous
 - d. hinge

ANS: A PTS: 1 REF: p. 48

3. Which joint is the single attachment between the axial and appendicular skeletons?
- a. scapulothoracic
 - b. glenohumeral
 - c. sternocostal
 - d. sternoclavicular

ANS: D PTS: 1 REF: p. 48

4. Which joint is formed where the humerus and scapula meet?
- a. acromioclavicular
 - b. scapulothoracic
 - c. glenohumeral
 - d. sternoclavicular

ANS: C PTS: 1 REF: p. 48

5. The scapula serves as an attachment site for how many muscles?
- a. 5
 - b. 9
 - c. 12
 - d. 16

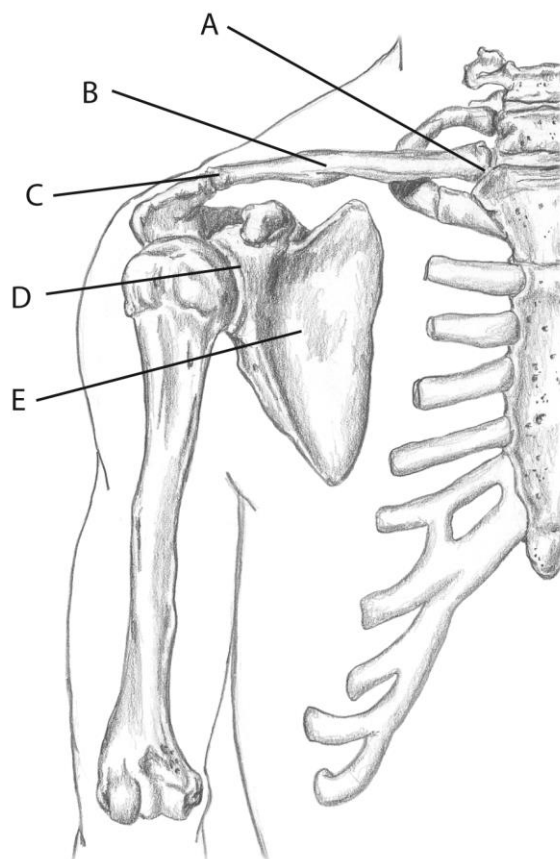
ANS: D PTS: 1 REF: p. 48

6. Which bone of the shoulder region is the last of the skeletal system to completely develop?
- a. clavicle
 - b. scapula
 - c. humerus
 - d. sternum

ANS: A PTS: 1 REF: p. 48

COMPLETION

Please identify the following structure(s).



1. A

ANS:
sternoclavicular (S/C) joint
sternoclavicular joint
S/C joint

PTS: 1

2. B

ANS: clavicle

PTS: 1

3. C

ANS:
acromioclavicular (A/C) joint
acromioclavicular joint
A/C joint

PTS: 1

4. D

ANS: glenohumeral joint

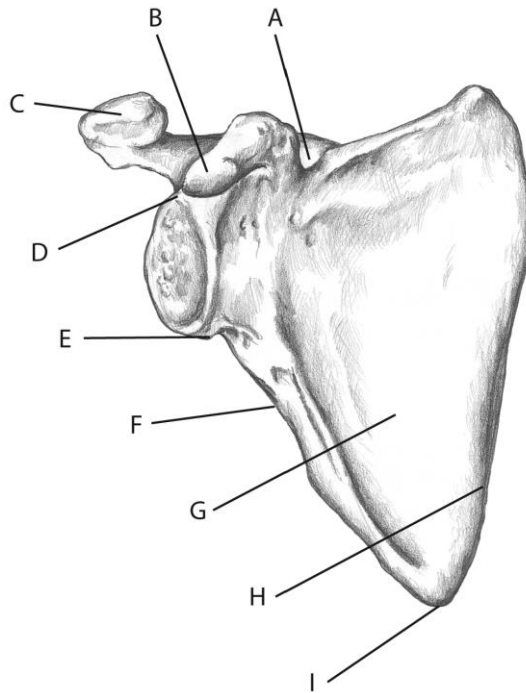
PTS: 1

5. E

ANS: scapula

PTS: 1

Please identify the following structure(s).



6. A

ANS: superior notch

PTS: 1

7. B

ANS: coracoid process

PTS: 1

8. C

ANS: acromion

PTS: 1

9. D

ANS: supraglenoid tubercle

PTS: 1

10. E

ANS: infraglenoid tubercle

PTS: 1

11. F

ANS: lateral border

PTS: 1

12. G

ANS: subscapular fossa

PTS: 1

13. H

ANS: medial border

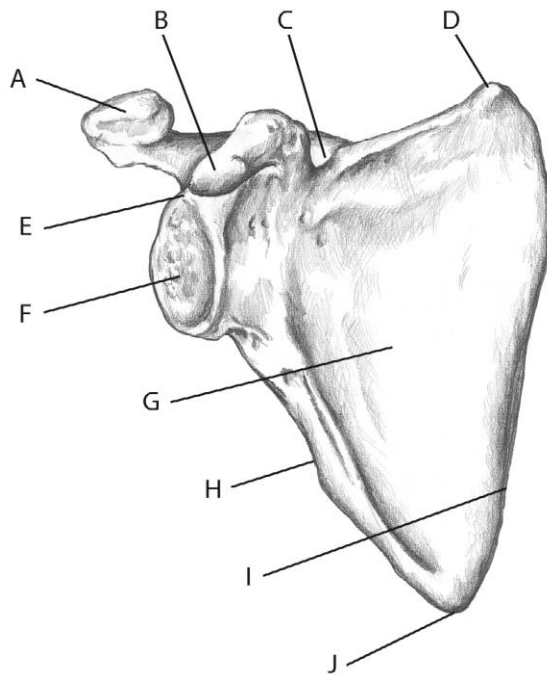
PTS: 1

14. I

ANS: inferior angle

PTS: 1

Please identify the following structure(s).



15. A

ANS: acromion

PTS: 1

16. B

ANS: coracoid process

PTS: 1

17. C

ANS: superior notch

PTS: 1

18. D

ANS: superior angle

PTS: 1

19. E

ANS: supraglenoid tubercle

PTS: 1

20. F

ANS: glenoid cavity

PTS: 1

21. G

ANS: subscapular fossa

PTS: 1

22. H

ANS: lateral border

PTS: 1

23. I

ANS: medial border

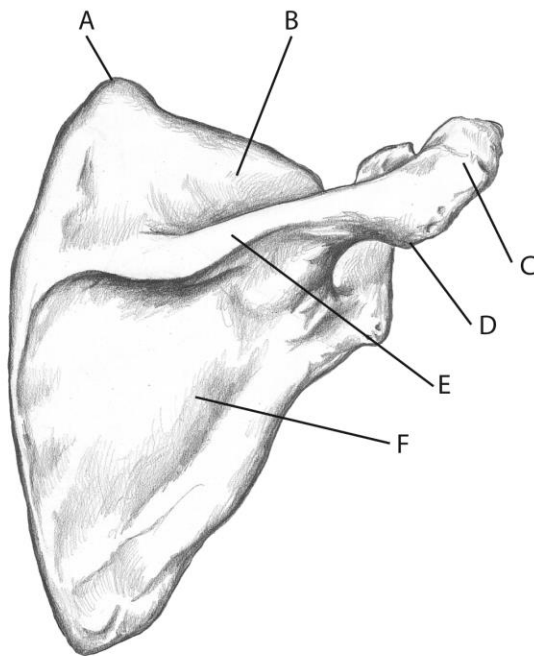
PTS: 1

24. J

ANS: inferior angle

PTS: 1

Please identify the following structure(s).



25. A

ANS: superior angle

PTS: 1

26. B

ANS: supraspinous fossa

PTS: 1

27. C

ANS: acromion

PTS: 1

28. D

ANS: acromial angle

PTS: 1

29. E

ANS: spine of the scapula

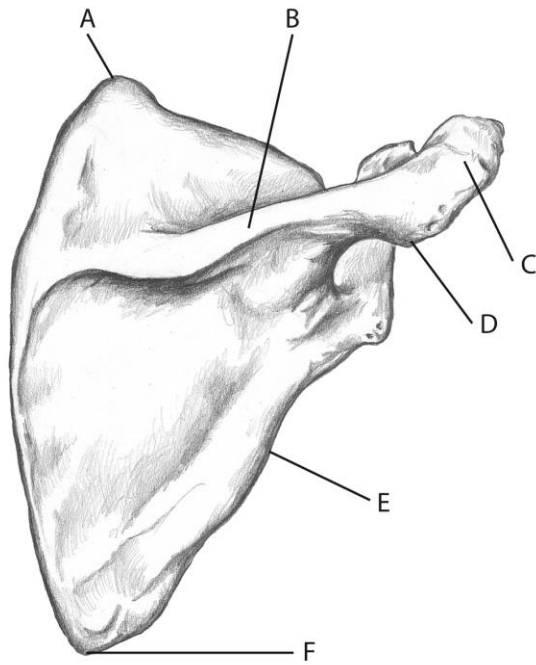
PTS: 1

30. F

ANS: infraspinous fossa

PTS: 1

Please identify the following structure(s).



31. A

ANS: superior angle

PTS: 1

32. B

ANS: spine of the scapula

PTS: 1

33. C

ANS: acromion

PTS: 1

34. D

ANS: acromial angle

PTS: 1

35. E

ANS: lateral border

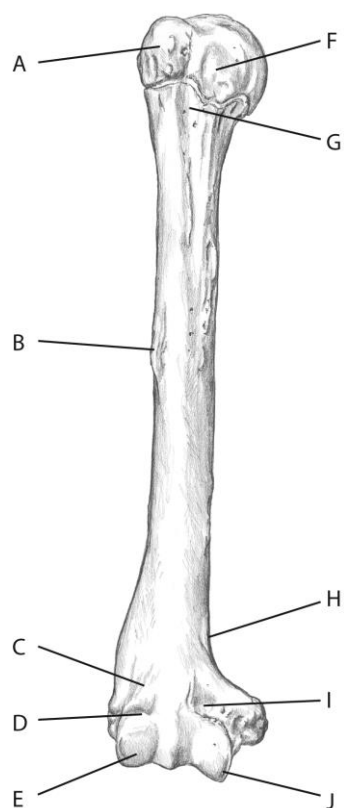
PTS: 1

36. F

ANS: inferior angle

PTS: 1

Please identify the following structure(s).



37. A

ANS: greater tubercle

PTS: 1

38. B

ANS: deltoid tuberosity

PTS: 1

39. C

ANS: lateral condyle

PTS: 1

40. D

ANS: radial fossa

PTS: 1

41. E

ANS: capitulum

PTS: 1

42. F

ANS: lesser tubercle

PTS: 1

43. G

ANS: intertubercular groove

PTS: 1

44. H

ANS: medial supracondylar ridge

PTS: 1

45. I

ANS: coronoid fossa

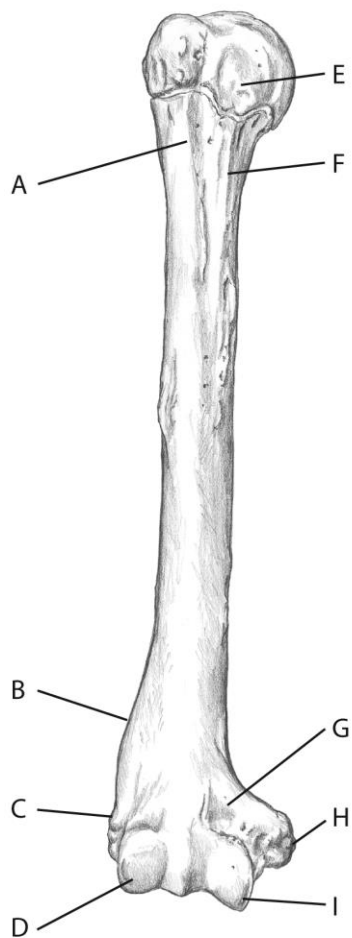
PTS: 1

46. J

ANS: trochlea

PTS: 1

Please identify the following structure(s).



47. A

ANS: crest of greater tubercle

PTS: 1

48. B

ANS: lateral supracondylar ridge

PTS: 1

49. C

ANS: lateral epicondyle

PTS: 1

50. D

ANS: capitulum

PTS: 1

51. E

ANS: lesser tubercle

PTS: 1

52. F

ANS: crest of lesser tubercle

PTS: 1

53. G

ANS: medial condyle

PTS: 1

54. H

ANS: medial epicondyle

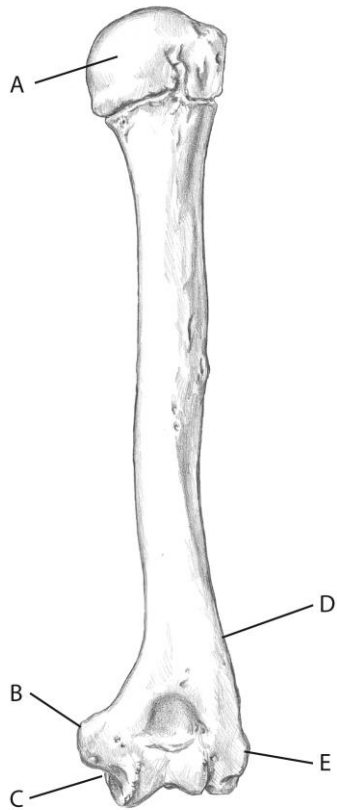
PTS: 1

55. I

ANS: trochlea

PTS: 1

Please identify the following structure(s).



56. A

ANS: head of humerus

PTS: 1

57. B

ANS: medial epicondyle

PTS: 1

58. C

ANS: groove for ulnar nerve

PTS: 1

59. D

ANS: lateral supracondylar ridge

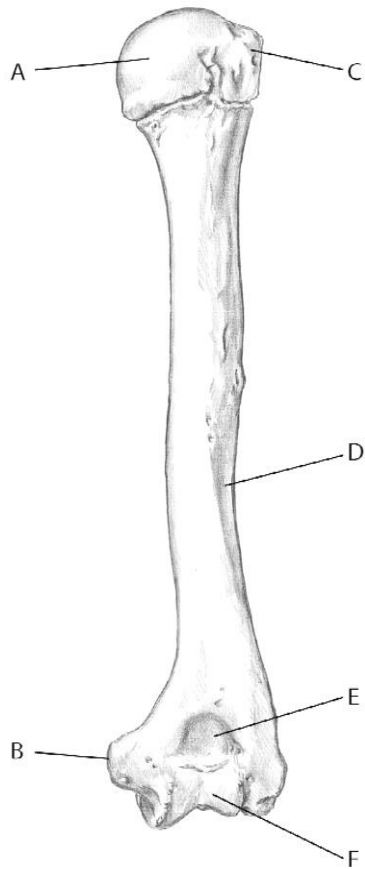
PTS: 1

60. E

ANS: lateral epicondyle

PTS: 1

Please identify the following structure(s).



61. A

ANS: head of the humerus

PTS: 1

62. B

ANS: medial epicondyle

PTS: 1

63. C

ANS: greater tubercle

PTS: 1

64. D

ANS: groove for radial nerve

PTS: 1

65. E

ANS: olecranon fossa

PTS: 1

66. F

ANS: trochlea

PTS: 1