

# Test Bank for Biomechanical Basis of Human Movement 5th Hamill

TEST BANK SAMPLE PREVIEW

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RESOURCE TYPE

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### Test Bank, Chapter 1, Basic Terminology

1. Using a force platform to measure the forces imposed on the feet during walking is an example of what type of analysis?

- A) Qualitative
- B) Quantitative
- C) Kinematic
- D) Both A and C

Ans: B

2. During knee extension, the shank (i.e., the segment between the ankle and the knee) undergoes what type of motion?

- A) Linear
- B) Curvilinear
- C) Angular
- D) Diagonal

Ans: C

3. During practice, a coach watches an athlete swim several laps and identifies a technique error that puts the swimmer at an increased risk of injury. This type of analysis is called:

- A) kinesiological.
- B) static.
- C) kinetic.
- D) kinematic.

Ans: D

4. Statics is the branch of mechanics that examines systems that are:

- A) not moving.
- B) moving at a constant speed.
- C) accelerating.
- D) both A and B.

Ans: D

5. Which type of analysis is a nonnumeric evaluation of motion based on direct observation?

- A) Quantitative
- B) Qualitative
- C) Statics
- D) Dynamics

Ans: B

6. Which phrase best defines *biomechanics*?

- A) The scientific study of human movement
- B) The science of the structure of the body
- C) The study of the structure and function of biologic systems by means of the methods of mechanics
- D) The study of characteristics of motion from a spatial and temporal perspective without reference to the forces causing the motion

Ans: C

7. Select the term that best describes the study of the body components needed to achieve or perform a human movement or function.

- A) Biomechanics
- B) Kinesiology
- C) Functional anatomy
- D) Angular kinematics

Ans: C

8. Linear motion is also known as \_\_\_\_\_ motion.

- A) translational
- B) angular
- C) curvilinear
- D) diagonal

Ans: A

9. The examination of the projectile characteristics of a high jumper is an example of which type of analysis?

- A) Angular
- B) Anatomical
- C) Kinetic
- D) Kinematic

Ans: D

10. A \_\_\_\_\_ analysis would be used to determine the amount of force necessary to lift a 200-lb barbell in a squat.

- A) kinetic
- B) kinematic
- C) static
- D) dynamic

Ans: A

11. Select the term that best describes the branch of mechanics that examines systems that are not moving or are moving at a constant speed.

- A) Kinematics
- B) Kinetics
- C) Dynamics
- D) Statics

Ans: D

12. Which is not part of the axial skeleton?

- A) Head
- B) Neck
- C) Upper extremities
- D) Trunk

Ans: C

13. The longitudinal axis is orthogonal to which plane?

- A) Sagittal
- B) Transverse
- C) Frontal
- D) Diagonal

Ans: B

14. The right and left deltoid muscles are \_\_\_\_\_ to one another.

- A) ventral
- B) dorsal
- C) ipsilateral
- D) contralateral

Ans: D

15. On which side of the body are the patellae located?

- A) Dorsal
- B) Posterior
- C) Ventral
- D) Both A and B

Ans: C

16. If one clasps hands behind the back and moves them back and upward, which term best describes the movement at the shoulder joint?

- A) Hyperextension
- B) Hyperflexion
- C) Hyperabduction
- D) Hyperadduction

Ans: A

17. When the shoulders return to a neutral position from being shrugged, the scapulae undergo:

- A) elevation.
- B) depression.
- C) protraction.
- D) retraction.

Ans: B

18. Standing on one's toes is an example of:

- A) plantar flexion.
- B) dorsiflexion.
- C) supination.
- D) pronation.

Ans: A

19. Holding the hand in a fixed position and drawing an imaginary O in the air with the thumb is best described as:

- A) supination.
- B) pronation.
- C) inversion.
- D) circumduction.

Ans: D

20. An absolute reference frame is one in which the movement of a segment is described relative to:

- A) the center of a joint.
- B) the adjacent segment.
- C) the center of mass of the segment.
- D) a fixed point in space.

Ans: D

21. The anteroposterior axis runs:

- A) ventral and dorsal.
- B) horizontal.
- C) vertical.
- D) none of the above.

Ans: A

22. A somersault occurs in which plane?

- A) Sagittal
- B) Frontal
- C) Transverse
- D) None of the above

Ans: A

23. How many degrees of freedom does the hip have?

- A) 1
- B) 2
- C) 3
- D) 4

Ans: C

24. A relative angle is also referred to as a joint angle.

- A) True
- B) False

Ans: A

25. When the body is in anatomical position, the palms face inward toward the trunk.

- A) True
- B) False

Ans: B

26. When the body is in fundamental position, the thumb is on the anterior side of the hand.

A) True

B) False

Ans: A

27. The wrist is proximal to the elbow.

A) True

B) False

Ans: B

28. The knee has 2 degrees of freedom.

A) True

B) False

Ans: B