

KINESIOLOGY EXAM

DATE \_\_\_\_\_

NAME \_\_\_\_\_

- I. Give the general location and specific action of each of the following muscles:
- a- Trapezius
  - b- Biceps Brachii
  - c- Hamstring group

- II. Give the general location and action of five of the following:
- a- Latissimus dorsi
  - b- Levator Scapulae
  - c- Triceps brachii
  - d- Brachioradialis
  - e- Quadratus Lumborum
  - f- Scalene
  - g- Rectus Abdominis
  - h- Pectoralis Major
  - i- Levator costorum

- III. What are the movements of the: (a) shoulder joint; (b) hip joint?

- IV. Define:
- (a) Flexion
  - (b) Extension

- V. (a) Define "tonis"  
(b) At what point in body is stimulus for muscular tonis supposed to arise?

- VI. Define:
- a- Epimysium
  - b- Perimysium
  - c- Viscosity
  - d- Tetanus (two meanings)
  - e- Fasciculi