KINES IOLOGY

1.	Define the following: (a) Anatomy (b) Physiology	1 1	Osteology Neurology Myology	
	(c) Kinesiology (d) Syndesmology		Histology	
2.	What is a cell? What is the difference between a cell, an organ, and a system?			
3.	Discuss what is meant by an exciting cause and a predisposing cause and give an example illustrating each.			
4.	What is meant by abduction and adduction in physical education? That is the difference between rotation and circumduction?			
5.	What is a "charley horse"? Explain the kinesiological relationship between extension and flexion, and a "charley horse."			
6.	List and describe three types of muscle tissue. Give examples of each.			
7.	. Draw a diagram of a muscle cell and label sarcalemma, sarcaplasm, sarcomeres, sarcostyles and myo-neural junction.			
8.	A typical skeletal muscle consists of	f:		
	(a) (b)		(d)	
9. What is the approximate chemical composition of a muscle? What is a "property?" Give the properties of muscle tissue.				
10.	Name a muscle or ligament that derivation (a) Location (b) Points of attachment (c) Shape	(ts name from: d) Structure e) Direction f) Function	
11.	Explain the difference between: G (a) prime movers (b) antagonists (c) fixation muscles	ive e	examples of each.	
12.	Draw a diagram of a motor neurone as axis cylinder, neurilemma, medullar	nd la y she	abel dendrites, nerve call, nucleus, eath, and terminal branch.	
13.	. Give the function of (a) nerve cell and its nucleu (b) axix cylinder (c) Neurilemma (d) dendrites	S		
14	4. That is a lever? What is the rela	tions	ship between levers and kinesiology?	
	. What is a synovitis? What is a sym (a) (b)			
	(c)			
16	. What is the difference between crar pairs of cranial nerves. Name the sympathetic nerves.	ial 31 p	and spinal nerves? Name the 12 airs of spinal nerves. Name the	
17	. That muscles are colled the hamstr:	ings,	and why are they important?	
18	. In punting a football (a) What muscles of the limb are employed? (b) How do these muscles act on the pelvis?			
19	. What muscles effect flexion and ex	tensi	on of the knee?	
20	the ankle joint: (a) tibialis anterior	muscl	es in relation to the movement of	
	(b) Plantaris (c) gastrocnemius			