

KINESIOLOGY

Examination Questions

- I. (a) Define kinesiology and give its general relationships to certain other sciences.
- (b) List at least three of its contributions to the betterment of teaching physical education.
- II. (a) Where, in the human body, is the location of motion?
- (b) Where, the source of bodily motion?
- III. (a) Name the three general classes of joints to which all articulations of the body belong.
- (b) Name and give one example each of the six types of freely movable joints.
- IV. Answer these questions yes or no:
- (1) A muscle can only pull; it never pushes.
 - (2) Whenever there is nervous stimulation the muscles relax.
 - (3) Every muscle has its two ends attached to different bones.
 - (4) All muscles are arranged in antagonistic pairs or groups.
 - (5) The smaller muscles are located where the greatest force is needed.
 - (6) The human machine has a high degree of efficiency.
 - (7) The primary factors in the physiological condition are fatigue, source of food substance, and removal of waste substances from the tissue.
 - (8) The muscles of the body are of three types, smooth, cardiac, and skeletal.
 - (9) The cardiac is the type directly responsible for motor activity.
 - (10) Muscle activity takes place through the regular processes of metabolism.
 - (11) Inertia is a property of all objects.
 - (12) The human body is stable when in a standing position.
 - (13) Gravity is a constant force acting on all bodies.
 - (14) The two articulating bones of the hip joint are the scapula and the humerus.
 - (15) The elbow joint is a ball and socket joint.
 - (16) The gliding type of joint is best exemplified by the articular processes of the vertebrae.
 - (17) The ball and socket joint is perfectly described by its name.