K I N E S I O L O G Y

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:

X no (1) A muscle can only pull; it never pushes.

no (2) Whenever there is nervous stimulation the muscles relax.

yes (3) Every muscle has its two ends attached to different bones.

yes (4) All muscles are arranged in antagonistic pairs or groups.

no (5) The smaller muscles are located where the greatest force is needed.

no (6) The human machine has a high degree of efficiency.

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yes (7) The primary factors in the physiological condition are fatigue, source of food substance, and removal of waste substances from the tissue.

X ~~yes~~ (8) The muscles of the body are of three types, smooth, cardiac, and skeletal. involuntary - glands, voluntary

no (9) The cardiac is the type directly responsible for motor activity.

yes (10) Muscle activity takes place through the regular processes of metabolism.

yes (11) Inertia is a property of all objects.

no (12) The human body is stable when in a standing position.

yes (13) Gravity is a constant force acting on all bodies.

no (14) The two articulating bones of the hip joint are the scapula and the humerus.

no (15) The elbow joint is a ball and socket joint.

X no (16) The gliding type of joint is best exemplified by the articular processes of the vertebrae. there is cartilage attachment to the vertebrae

yes (17) The ball and socket joint is perfectly described by its name.