

Multiple Choice

1. An entire skeletal muscle is covered by a coarse sheath called
 - a. Endomysium
 - b. Epimysium
 - c. Aponeurosis
 - d. Sarcoplasm
2. Muscles that are arranged like feathers in a plume are described as
 - a. Parallel
 - b. Convergent
 - c. Spineous
 - d. Pennate
3. Aponeurosis is
 - a. Broad and flat
 - b. Tube shaped
 - c. Fibrouslike
 - d. Circular
4. Antagonists are muscles that
 - a. Oppose prime movers
 - b. Facilitate prime movers
 - c. Stabilize muscles
 - d. Directly perform movements
5. A bony point about which a real movement is called is
 - a. Axis
 - b. Base
 - c. Bulb
 - d. Fulcrum
6. In levers, the fulcrum
 - a. Is between the load and the force
 - b. Load is between the fulcrum and force
 - c. Force is between the fulcrum and load
 - d. Load and force are equal
7. All of the following are rotation (roll) muscles except
 - a. Deltoid
 - b. Interspines
 - c. Suprapinnator
 - d. Triceps brachii
8. The muscle that abducts the shoulder is the
 - a. Serratus anterior
 - b. Deltoid
 - c. Triceps
 - d. Pectoralis major
9. The posterior arm muscle that extends the forearm is the
 - a. triceps brachii
 - b. brachioradialis
 - c. brachialis
 - d. biceps brachii
10. The muscles of the quadriceps femoris include all of the following except
 - a. Vastus intermedius
 - b. Vastus medialis
 - c. Vastus lateralis
 - d. Vastus femoris
11. The anterior superior iliac spine is the site of origin for the
 - a. Rectus femoris
 - b. Iliacus femoris
 - c. Gluteus
 - d. Biceps
12. Flexor digitorum of the foot is innervated by the
 - a. Tibialis anterior
 - b. Tibialis posterior
 - c. Peroneus/femoris
 - d. Deltoid
13. The muscles of the hamstring include all of the following except
 - a. Biceps
 - b. Semitendinosus
 - c. Semimembranosus
 - d. Biceps femoris
14. Which of the following muscles does not move the upper arm?
 - a. Pectoralis major
 - b. Latissimus dorsi
 - c. Deltoid
 - d. Triceps
15. The origin of a muscle is on the femur, and the insertion is on the tibia. When it contracts, it bends the knee. Which of the following is true?
 - a. The knee is acting as a fulcrum.
 - b. It is an example of a first class lever
 - c. It is an example of a second class lever
 - d. A and C
16. The origin of a muscle is on the femur, and the insertion is on the tibia. When it contracts, it bends the knee. The fibers are parallel. What term might be a part of its name?
 - a. Biceps
 - b. Oblique
 - c. Femoris
 - d. A and C
17. Which of the following is not a function of all muscles?
 - a. Excitability
 - b. Elasticity
 - c. Contractility
 - d. Conductivity