

c2

Student: _____

1. Which of the following is not an example of a sagittal plane movement?

A.
B.
C.
D.
2. The cardinal frontal plane divides the body into equal _____.

A.
B.
C.
D.
3. Movements in the transverse plane occur around which axis?

A.
B.
C.
D.
4. Elbow extension takes place in what plane?

A.
B.
C.
D.
5. Abduction takes place around which axis?

A.
B.
C.
D.

6. A dancer performs a pirouette in which plane?
- A.
 - B.
 - C.
 - D.
7. Which of the following statements is false?
- A.
 - B.
 - C.
 - D.
8. Nodding the head "yes" occurs in which plane?
- A.
 - B.
 - C.
 - D.
9. Most human movement falls into which category?
- A.
 - B.
 - C.
 - D.
10. Which of the following terms best describes translational motion along a curved line?
- A.
 - B.
 - C.
 - D.
11. Which of the following categories of motion is mutually exclusive with each of the others?
- A.
 - B.
 - C.
 - D.

12. Which of the following motions occurs primarily in the sagittal plane?
- A.
 - B.
 - C.
 - D.
13. Which of the following motions occurs primarily in the frontal plane?
- A.
 - B.
 - C.
 - D.
14. Abduction occurs in which plane?
- A.
 - B.
 - C.
 - D.
15. Primarily in which plane does the swinging of a baseball bat occur?
- A.
 - B.
 - C.
 - D.
16. Which of the following limb movements occur during "jumping jacks"?
- A.
 - B.
 - C.
 - D.

17. Which imaginary cardinal plane bisects the body into right and left halves?
- A.
 - B.
 - C.
 - D.
18. During the preparatory phase for an underhand softball pitch, the hand holding the ball is drawn behind the body prior to the forward swing of the arm. When the hand is drawn behind the body, which of the following movements occurs at the shoulder?
- A.
 - B.
 - C.
 - D.
19. In which of the following planes does a forward roll occur?
- A.
 - B.
 - C.
 - D.
20. Which of the following are transverse plane movements at the shoulder?
- A.
 - B.
 - C.
 - D.
21. Which of the following terms means "farther from the head"?
- A.
 - B.
 - C.
 - D.

22. Which of the following is/are examples of superficial muscle(s)?

- A.
- B.
- C.
- D.

23. Which of the following describes the knee joint relative to the ankle joint?

- A.
- B.
- C.
- D.

24. Which of the following terms would accurately describe the biceps muscle?

- A.
- B.
- C.
- D.

25. Which of the following is/are true regarding anatomical reference position?

- A.
- B.
- C.
- D.

26. In anatomical position what is the position of the elbow?

- A.
- B.
- C.
- D.

27. Foot pronation occurs at which joint?
- A.
 - B.
 - C.
 - D.
28. Internal rotation is synonymous with which of the following?
- A.
 - B.
 - C.
 - D.
29. In anatomical position, the forearm is in what position?
- A.
 - B.
 - C.
 - D.
30. Which of the following is true regarding horizontal adduction?
- A.
 - B.
 - C.
 - D.
31. Which of the following is true regarding circumduction?
- A.
 - B.
 - C.
 - D.

32. Which is true about the Cartesian coordinate system?
- A.
 - B.
 - C.
 - D.
33. In two-dimensional Cartesian coordinate systems, what unit is used for the vertical axis?
- A.
 - B.
 - C.
 - D.
34. Which of the following units is unique to three-dimensional Cartesian coordinate systems (i.e. do not exist in 2-D systems)?
- A.
 - B.
 - C.
 - D.
35. Which view is best for observing normal human gait?
- A.
 - B.
 - C.
 - D.
36. Which of the following could be defined by a movement analyst as a mechanical system?
- A.
 - B.
 - C.
 - D.

37. In anatomical position, what term describes the radius relative to the ulna?
- A.
B.
C.
D.
38. What term is used to describe the motion of bringing the foot closer to the lower leg?
- A.
B.
C.
D.
39. Which of the following is a *linear* movement in the frontal plane?
- A.
B.
C.
D.
40. Shaking the head "no" involves which of the following movements?
- A.
B.
C.
D.
41. The word _____ refers to a description of quality without the use of numbers.
- _____
42. Translation is a synonym for _____ motion.
- _____
43. _____ describes motion along a straight line, whereas _____ describes motion along a curved line.
- _____

44. Ventral is a synonym for _____,
which means toward the front of the body.

45. The _____ axis is the imaginary
line around which sagittal plane motion occurs.

46. What are the two main sources of information for
the analyst diagnosing a motor skill?

47. Name two ways an analyst can increase his/her
knowledge about the mechanics of a motor skill
and describe the advantages and disadvantages
of each.

48. Describe the steps that should be taken when
planning a qualitative analysis.

49. To supplement visual observations, the analyst can often use non-visual information. Describe two examples of auditory information that could be used during a qualitative analysis.
50. Describe three different tools used to collect and analyze kinematic data and provide the strengths and weaknesses of each tool. Include both high tech and low tech examples.
51. In anatomical position, the radius is medial to the ulna.
True False
52. The center of mass is located at the intersection of the three cardinal planes.
True False
53. Researchers only perform quantitative analyses and practitioners only perform qualitative analyses.
True False
54. Sagittal view is the same as side view.
True False

55. Translation is synonymous with general motion.

True False

c2 Key

1. Which of the following is not an example of a sagittal plane movement?

- A.
- B.
- C.**
- D.

Hall - Chapter 02 #1

2. The cardinal frontal plane divides the body into equal _____.

- A.
- B.**
- C.
- D.

Hall - Chapter 02 #2

3. Movements in the transverse plane occur around which axis?

- A.
- B.
- C.**
- D.

Hall - Chapter 02 #3

4. Elbow extension takes place in what plane?

- A.**
- B.
- C.
- D.

Hall - Chapter 02 #4

5. Abduction takes place around which axis?

- A.
- B.
- C.
- D.

Hall - Chapter 02 #5

6. A dancer performs a pirouette in which plane?

- A.
- B.
- C.
- D.

Hall - Chapter 02 #6

7. Which of the following statements is false?

- A.
- B.
- C.
- D.

Hall - Chapter 02 #7

8. Nodding the head "yes" occurs in which plane?

- A.
- B.
- C.
- D.

Hall - Chapter 02 #8

9. Most human movement falls into which category?

- A.
- B.
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Hall - Chapter 02 #9

10. Which of the following terms best describes translational motion along a curved line?

- A.
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- C.
- D.

Hall - Chapter 02 #10

11. Which of the following categories of motion is mutually exclusive with each of the others?

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- C.
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Hall - Chapter 02 #11

12. Which of the following motions occurs primarily in the sagittal plane?

- A.**
- B.
- C.
- D.

Hall - Chapter 02 #12

13. Which of the following motions occurs primarily in the frontal plane?

- A.
- B.**
- C.
- D.

Hall - Chapter 02 #13

14. Abduction occurs in which plane?

- A.
- B.**
- C.
- D.

Hall - Chapter 02 #14

15. Primarily in which plane does the swinging of a baseball bat occur?

- A.
- B.
- C.**
- D.

Hall - Chapter 02 #15

16. Which of the following limb movements occur during "jumping jacks"?

- A.
- B.
- C.
- D.**

Hall - Chapter 02 #16

17. Which imaginary cardinal plane bisects the body into right and left halves?

- A.**
- B.
- C.
- D.

Hall - Chapter 02 #17

18. During the preparatory phase for an underhand softball pitch, the hand holding the ball is drawn behind the body prior to the forward swing of the arm. When the hand is drawn behind the body, which of the following movements occurs at the shoulder?

- A.
- B.
- C.**
- D.

Hall - Chapter 02 #18

19. In which of the following planes does a forward roll occur?
- A.
B.
C.
D.
- Hall - Chapter 02 #19*
20. Which of the following are transverse plane movements at the shoulder?
- A.
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- Hall - Chapter 02 #20*
21. Which of the following terms means "farther from the head"?
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- Hall - Chapter 02 #21*
22. Which of the following is/are examples of superficial muscle(s)?
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- Hall - Chapter 02 #22*
23. Which of the following describes the knee joint relative to the ankle joint?
- A.
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24. Which of the following terms would accurately describe the biceps muscle?

A.

B.

C.

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Hall - Chapter 02 #24

25. Which of the following is/are true regarding anatomical reference position?

A.

B.

C.

D.

Hall - Chapter 02 #25

26. In anatomical position what is the position of the elbow?

A.

B.

C.

D.

Hall - Chapter 02 #26

27. Foot pronation occurs at which joint?

A.

B.

C.

D.

Hall - Chapter 02 #27

28. Internal rotation is synonymous with which of the following?

A.

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D.

Hall - Chapter 02 #28

29. In anatomical position, the forearm is in what position?

- A.
- B.**
- C.
- D.

Hall - Chapter 02 #29

30. Which of the following is true regarding horizontal adduction?

- A.
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Hall - Chapter 02 #30

31. Which of the following is true regarding circumduction?

- A.**
- B.
- C.
- D.

Hall - Chapter 02 #31

32. Which is true about the Cartesian coordinate system?

- A.
- B.
- C.**
- D.

Hall - Chapter 02 #32

33. In two-dimensional Cartesian coordinate systems, what unit is used for the vertical axis?

- A.
- B.**
- C.
- D.

Hall - Chapter 02 #33

34. Which of the following units is unique to three-dimensional Cartesian coordinate systems (i.e. do not exist in 2-D systems)?

- A.
- B.
- C.**
- D.

Hall - Chapter 02 #34

35. Which view is best for observing normal human gait?

- A.**
- B.
- C.
- D.

Hall - Chapter 02 #35

36. Which of the following could be defined by a movement analyst as a mechanical system?

- A.
- B.
- C.
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Hall - Chapter 02 #36

37. In anatomical position, what term describes the radius relative to the ulna?

- A.
- B.**
- C.
- D.

Hall - Chapter 02 #37

38. What term is used to describe the motion of bringing the foot closer to the lower leg?

- A.
- B.
- C.**
- D.

Hall - Chapter 02 #38

39. Which of the following is a *linear* movement in the frontal plane?

- A.
- B.**
- C.
- D.

Hall - Chapter 02 #39

40. Shaking the head "no" involves which of the following movements?

- A.
- B.**
- C.
- D.

Hall - Chapter 02 #40

41. The word _____ refers to a description of quality without the use of numbers.

qualitative

Hall - Chapter 02 #41

42. Translation is a synonym for _____ motion.

linear

Hall - Chapter 02 #42

43. _____ describes motion along a straight line, whereas _____ describes motion along a curved line.

Rectilinear, curvilinear

Hall - Chapter 02 #43

44. Ventral is a synonym for _____, which means toward the front of the body.

anterior

Hall - Chapter 02 #44

45. The _____ axis is the imaginary line around which sagittal plane motion occurs.

mediolateral

Hall - Chapter 02 #45

46. What are the two main sources of information for the analyst diagnosing a motor skill?

Answers will vary

Hall - Chapter 02 #46

47. Name two ways an analyst can increase his/her knowledge about the mechanics of a motor skill and describe the advantages and disadvantages of each.

Answers will vary

Hall - Chapter 02 #47

48. Describe the steps that should be taken when planning a qualitative analysis.

Answers will vary

Hall - Chapter 02 #48

49. To supplement visual observations, the analyst can often use non-visual information. Describe two examples of auditory information that could be used during a qualitative analysis.

Answers will vary

Hall - Chapter 02 #49

50. Describe three different tools used to collect and analyze kinematic data and provide the strengths and weaknesses of each tool. Include both high tech and low tech examples.

Answers will vary

Hall - Chapter 02 #50

51. In anatomical position, the radius is medial to the ulna.

FALSE

Hall - Chapter 02 #51

52. The center of mass is located at the intersection of the three cardinal planes.

TRUE

Hall - Chapter 02 #52

53. Researchers only perform quantitative analyses and practitioners only perform qualitative analyses.

FALSE

Hall - Chapter 02 #53

54. Sagittal view is the same as side view.

TRUE

Hall - Chapter 02 #54

55. Translation is synonymous with general motion.

FALSE

Hall - Chapter 02 #55

c2 Summary