
KINESIOLOGY FINAL EXAM QUESTIONS **with correct answers**

What is kinesiology Answer ✓ ✓ c. Science/study of human movement

2) We often discuss health in kinesiology. In general, health in kinesiology is proactive and _____. Answer ✓ ✓ Preventive

3) In kinesiology, exercise is typically defined as physical activities that are organized, planned, and _____. Answer ✓ ✓ structured

4) In anatomical position, the palm faces _____. Answer ✓ ✓ anteriorly

A vertical plane that bisects the body into front and back is called Answer ✓ ✓ Frontal (coronal) plane

6) Lifting the weight up during arm curl is _____, whereas lowering the weight down is _____. Answer ✓ ✓ Flexion & Extension

7) Which of the following is not included in quadriceps? Answer ✓ ✓ Biceps femoris

8) The leg muscle that is primarily involved in dorsiflexion is _____. Answer ✓ ✓ a. Tibialis anterior

9) We can apply PRICE rule to many sport injuries as an acute care. What does C of the PRICE stand for? Answer ✓ ✓ Compression

Kinesiology Test Questions Manual Of Structural Kinesiology

Yijin Wang



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