

Body Movements

TEST

Time : 30 minutes

Maximum marks : 20

Instructions

- This test contains 20 questions.
- Each question has **FOUR** options (1), (2), (3) and (4). **ONLY ONE** of these four options is correct.
- For each question, marks will be awarded in one of the following categories:

Full Marks : +1 : If only correct answer is given.

Zero Marks : 0 : If no answer is given.

Negative Marks : : There is no negative marking.

1. Pivot joint occurs where –
 - (1) bones move in a cup like hollow cavity.
 - (2) 2 bones glide over each other.
 - (3) back and forth movement, similar to a door is possible.
 - (4) rounded surface of one bone fits into a ring formed by other bone such that one bone is able to rotate over the other.
2. In cockroaches, the body parts which help in locomotion are –
 - (1) three pairs of legs and two pairs of wings.
 - (2) two pairs of legs and two pairs of wings.
 - (3) two pairs of legs and three pairs of wings.
 - (4) None of these
3. Which one of the following is the characteristic of birds?
 - (1) Powerful flight muscles.
 - (2) Forelimbs modified to form wings.
 - (3) Light and hollow bones.
 - (4) All of these
4. Streamlined body in certain animals like fishes and birds is a very significant adaptation in them. This adaptation is for –
 - (1) prevention of excess heat loss from the body.
 - (2) providing light weight to their body so that they can swim or fly easily.
 - (3) reducing resistance from water and air during swimming and flying respectively.
 - (4) All of these

5. Which one of the following joints allow movement only in one direction?

(1) Hinge Joint

(2) Pivot Joint

(3) Ball and socket Joint

(4) Fixed Joint

6. Which one of the following animals does not have muscles for movement?



(4) None of these

7. The palm of our hand consists of five bones called –

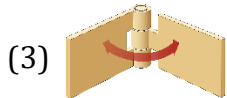
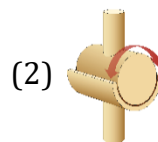
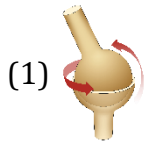
(1) carpals

(2) metacarpals

(3) phalanges

(4) ulna

8. Which one of the following represents a ball and socket joint?



(4) None of these

9. Which one of the following types of joints allow maximum variety of movements as compared to other type of joints?

(1) Hinge joint

(2) Fixed joint

(3) Pivot joint

(4) Ball and socket joint

10. Which one of the following is not a part of human skeleton?

(1) Skull

(2) Backbone

(3) Ribcage

(4) None of these

11. The diagram shown below is found in human body. Choose the correct statement about the structure.



(1) The given figure is of backbone and it consist of 33 small bone called vertebrae.

(2) It is a part of our respiratory system.

(3) It is a single bone.

(4) All of these

- 12.** Which of the following bones is also known as clavicle?
(1) Collar bone (2) Shoulder blade
(3) Breastbone (4) Back bone
- 13.** A pivot joint exists between our –
(1) hip bone and back bone. (2) shoulder and hip bone.
(3) skull and upper jaw. (4) neck and skull.
- 14.** Which one of the following is correctly matched?
(1) Knee-cap – Femur
(2) Breast-bone – Scapula
(3) Collar bone – Fibula
(4) Upper arm bone – Humerus
- 15.** Which statement is correct about the human skull?
(1) Upper jaw of the skull is not movable.
(2) Lower jaw of the skull is not movable.
(3) It protects our rib cage and backbone.
(4) None of these
- 16.** Which one of the following statements is incorrect?
(1) The hinge joint allows movement in only one direction.
(2) The elbow joints and knee joints are ball and socket joints.
(3) Pivot joint exists between our skull and neck.
(4) The bones held together so tightly so that they cannot move at all are called fixed joints.
- 17.** A snake moves –
(1) by its scales.
(2) by contraction and relaxation of muscles.
(3) with its legs.
(4) none of these
- 18.** Which one of the following is incorrectly matched?
(1) Knee-cap – Patella
(2) Smallest bone – Femur
(3) Lower arm bone – Radius
(4) Upper arm bone – Humerus
- 19.** The plate type bones of our skull are held together by –
(1) pivot joints (2) fixed joints
(3) ball and socket joint (4) hinge joint
- 20.** Which one of the following is a function of skeleton in our body?
(1) Skeleton gives shape to our body.
(2) Skeleton protects soft organs of our body.
(3) Skeleton helps in body movement.
(4) All of these

Answer Key

Question	1	2	3	4	5	6	7	8	9	10
Answer	4	1	4	3	1	4	2	1	4	4
Question	11	12	13	14	15	16	17	18	19	20
Answer	1	1	4	4	1	2	2	2	2	4

Solutions

1. Option (4)

Pivot joint occurs where rounded surface of one bone fits into a ring formed by other bone such that one bone is able to rotate over the other.

2. Option (1)

In cockroaches, three pairs of legs and two pairs of wings help in locomotion.

3. Option (4)

Birds have powerful flight muscles, light and hollow bones and their forelimbs are modified to form wings for flying. This is an adaptation of birds which make them fly into air.

4. Option (3)

Streamlined bodies in certain animals like fishes and birds is a very significant adaptation in them. This adaptation is for reducing resistance from water and air during swimming and flying respectively.

5. Option (1)

Hinge Joint allows movement only in one direction.

6. Option (4)

Birds, snake and snails have muscles for movement from one place to another place.

7. Option (2)

The palm of our hand consists of five bones called metacarpals.

8. Option (1)



9. Option (4)

Ball and socket joint allows maximum variety of movements as compared to other type of joints.

10. Option (4)

The skeleton consists of Skull, Backbone, Ribs, Breastbone, Shoulder bones, Hip bone, Arm bones and Leg bones.

11. Option (1)

The diagram given in question is of backbone which consist of 33 small bones called vertebrae.

**12. Option (1)**

Collar bone is also known as clavicle.

13. Option (4)

The pivot joint exists between our neck and skull where the neck joins the head.

14. Option (4)

Each arm consists of three parts – Upper arm, lower arm and hand. Upper arm consists of a single called humerus.

15. Option (1)

Upper jaw of the skull is not movable because of fixed joint P which bone of skull are inter located.

16. Option (2)

The joint at the knee and elbow are ball and hinge joint movement which produce back and forward movement similar to the hinge of a door.

17. Option (2)

A snake moves by contraction and relaxation of muscles.

18. Option (2)

Smallest bone in human body is not femur. Femur is the longest bone of our body.

19. Option (2)

The plate type bones of our skull are held together by fixed joints.

20. Option (4)

It provides shape to our body, protect soft organs of our body and helps in body movement.