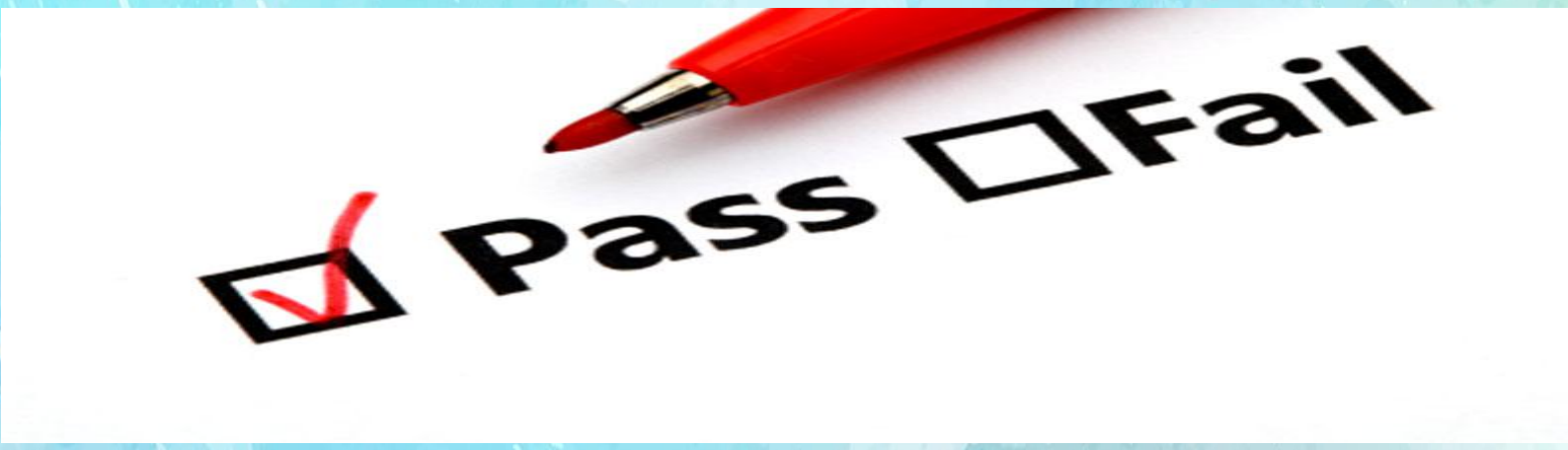
Kill 4 Exam



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QUESTION NO: 1
The C-shaped cartilages of the trachea allow all of the following to occur EXCEPT
A. Ciliated movement of mucus-secreting cells.
B. Distention of the esophagus.
C. Maintenance of open airway.
D. Prevention of tracheal collapse during pres- sure changes.
Answer: A

QUESTION NO: 2
Functions of bone include all of the following EXCEPT
A. Support for the body.
B. Protection of organs and tissues.
C. Production of red blood cells.
D. Production of force.
Answer: D

QUESTION NO: 3
In the organization of skeletal muscle, the muscle cell contains the contractile proteins.
Which of the following is a contractile protein?
A. Myosin.
B. Muscle fascicle.
C. Myofibril.
D. Muscle fiber.
Answer: A

QUESTION NO: 4
A client in your exercise class has been complaining of back pain with no ridiculer symptoms. This person has been treated medically and is now joining the exercise program to improve flexibility in the low back. Which exercise would be most appropriate for this person to address the stated goal?
A. Hip flexor stretch. B. Knee-to-chest stretch.
C. Gastrocnemius stretch.
D. Lateral trunk stretch.
Answer: B

QUESTION NO: 5
All of the following statements are true regarding long bones EXCEPT
A. Thediaphysis is composed of compact bone.
B. The epiphysis consists of spongy bone.
C. Most bones of the axial skeleton are of this type.
D. The central shaft encases themedullary canal.
Answer: C

QUESTION NO: 6
The arm is capable of performing all of the following motions EXCEPT
A. Flexion.
B. Abduction.
C. Inversion.
D. Supination.
Answer: C

QUESTION NO: 7
The prime movers for extension of the knee are the
A. Bicepsfemoris.
B. Bicepsbrachii.
C. Quadricepsfemoris.
D. Gastrocnemius.
Answer: C

QUESTION NO: 8
A baseball pitcher has been complaining of weakness in the lateral rotation motions of the shoulder. You have been asked to evaluate him for a strengthening program. Which of the following muscles would you have him concentrate on strengthening?
A. Subscapularis.
B. Teres major.
C. Latissimus dorsi.
D. Teres minor.
Answer: D

QUESTION NO: 9
Cartilage is categorized as which of the following types of connective tissue?
A. Loose.
B. Dense.
C. Fluid.
D. Supporting.
Answer: D

QUESTION NO: 10
Blood leaving the heart to be oxygenated in the lungs must first pass through the right atrium and ventricle. Through which valve does blood flow when moving from the right atrium to the right ventricle?
A. Bicuspid valve.
B. Tricuspid valve.
C. Pulmonic valve.
D. Aortic valve.
Answer: B

QUESTION NO: 11
An abnormal curve of the spine with lateral deviation of the vertebral column is called
A. Lordosis.
B. Scoliosis.
C. Kyphosis.
D. Primary curve.
Answer: B

QUESTION NO: 12
Which of the following is considered to be a "balland-socket" joint?
A. Ankle.
B. Elbow.
C. Knee.
D. Hip.
Answer: D

QUESTION NO: 13
Which of the following is the ability of a force to cause rotation of a lever?
A. Center of gravity.
B. Base of support.
C. Torque.
D. Stability.
Answer: C

QUESTION NO: 14
Standard sites for the measurement of skinfolds include the
A. Medial thigh.
B. Biceps.
C. Infrailiac.
D. Forearm.
Answer: B

QUESTION NO: 15
A standard site for the measurement of circumfer- ences is the
A. Abdomen.
B. Neck.
C. Wrist.
D. Ankle.
Answer: A

QUESTION NO: 16
The most common site used for measurement of the pulse during exercise is the
A. Popliteal.
B. Femoral.
C. Radial.
D. Dorsalis pedis.
Answer: C

QUESTION NO: 17
Blood from the peripheral anatomy flows to the heart through the superior and inferior venae cavae into the
A. Right atrium.
B. Left atrium.
C. Right ventricle.
D. Left ventricle.
Answer: A

QUESTION NO: 18
rteries are large-diameter vessels that carry blood away from the heart. As they course through the body, they progressively decrease in size until they become
A. Arterioles.
B. Anastomoses.
C. Venules.
D. Veins.
Answer: A

QUESTION NO: 19
The law of inertia
A. States that a body at rest tends to remain at rest, whereas a body in motion tends to con-tinue to stay in motion with consistent speed and in the same direction unless acted on by an outside force
B. States that the velocity of a body is changed only when acted on by an additional force
C. States that the driving force of the body is doubled and that the rate of acceleration is also doubled.
D. States that the production of any force will create another force that will be opposite and equal to the first force.
Answer: A

QUESTION NO: 20
Running is a locomotor activity similar to walking but with some differences. In comparison to walking, running requires greater

A. Balance.
B. Muscle strength.
C. Range of motion.
D. All of the above
Answer: D

QUESTION NO: 21
Who first described that a body immersed in fluid is buoyed up with a force equal to the weight of the displaced fluid?
A. Einstein.
B. Freud.
C. Whitehead.
D. Archimedes.
Answer: D

QUESTION NO: 22
Which of the following bones articulates proxi- mally with the sternal manubrium and distally with the scapula and is helpful to palpate in electrode placement?
A. Scapula.
B. Sternum.
C. Clavicle.
D. Twelfth rib.
Answer: C

QUESTION NO: 23
Which of the following is NOT a characteristic of the "power position" used for lifting with proper body mechanics?
A. Shoulders slouched.
B. Back straight.
C. Body bent forward from the hips.
D. Knees slightly bent.
Answer: A

QUESTION NO: 24
The intervertebral disks have which of the following characteristics?
A. Calcified outer ring.
B. Gelatinous inner nucleus portion.
C. Gray matter surrounding the neural cell bodies.
D. All of the above.
Answer: B

QUESTION NO: 25
Pain caused by low back muscle guarding and spasm in the absence of signs of disk herniation is often treated with muscle stretching. Which of the following is (are) helpful stretching activities for the low back?
A. Knee to chest.
B. Double-knee to chest.
C. Lower trunk rotation.
D. All of the above.
Answer: D

QUESTION NO: 26
Which of the following will increase stability?
A. Lowering the center of gravity.
B. Raising the center of gravity.
C. Decreasing the base of support.
D. Moving the center of gravity farther from the edge bf the base of support.
Answer: A

QUESTION NO: 27
Which type of musculoskeletal lever is most common?
A. First-class.
B. Second-class.
C. Third-class.
D. Fourth-class.
Answer: C

QUESTION NO: 28
Angular motion occurs when
A. A force is applied off-center to a freely- moveable object.
B. A freely-movable object moves in a straight line when a force is applied on-center.
C. An object is free to move only in a linear path.
D. All of the above.
Answer: A

QUESTION NO: 29
In second-class lever,
A. The Axis is located between the effort force and the resistance.
B. The resistance is located between the effort force and the axis.
C. The effort force is located between the resistance and the axis.
D. None of the above.
Answer: B

QUESTION NO: 30
Slapping of the foot during heel strike and increased knee and hip flexion during swing are characteristic of
A. Weakness in the gluteusmedius and minimus.
B. Weakness in the quadricepsfemoris.
C. Weakness in theplantarflexors.
D. Weakness in thedorsiflexors.
Answer: D

QUESTION NO: 31
Which of the following is characteristic of running versus walking?
A. Less vigorous arm action.
B. Decreased stride length.
C. Period of nonsupport.
D. Period of double-support.
Answer: C

QUESTION NO: 32
Low back pain occurs most commonly in the lumbar region, because
A. The lumbar vertebrae are the least mobile.
B. The lumbar disks are subject to the most pressure.
C. The lumbar vertebrae support much of the body weight.
D. All of the above.
Answer: D

QUESTION NO: 33
The rear-foot motion called pronation results from a combination of
A. Abduction,eversion, and plantarflexion.
B. Adduction, inversion, andplantarflexion.
C. Abduction,eversion, and dorsiflexion.
D. Adduction, inversion, anddorsiflexion.
Answer: C

QUESTION NO: 34
Which of the following is NOT a major food fuel during exercise?
A. Glucose.
B. Fatty acids.
C. Protein.
D. Glycogen.
Answer: C

QUESTION NO: 35
The chemical energy that is directly converted to do work is
A. ATP.
B. Creatine phosphate.
C. Beta oxidation of fatty acids.
D. All of the above.
Answer: A

QUESTION NO: 36
Which of the following is true when two people of different weights (80 and 70 kg) are exercising at 5 mphl5% grade on a treadmill?
A. Vo2 will be different if expressed inmL/kg/min.
B. Vo2 will be the same if expressed in L/min.
C. Cardiac output will be the same in L/min.
D. None of the above.
Answer: D

QUESTION NO: 37
Which of the following would provide the SMALLEST potential energy source in the body?
A. Fat.
B. Protein.
C. PCr.
D. ATP.
Answer: D

QUESTION NO: 38
Before and after 10 weeks of endurance training, an individual performs a submaximal exercise test at a constant work rate. Which of the following changes would most likely occur as a result of the endurance training?
A. A lower cardiac output.
B. An increase in oxygen consumption.
C. An increase in the blood flow to the exercising muscle.
D. Lower blood lactate levels.
Answer: D

QUESTION NO: 39
When compared with leg exercise, arm exercise results in a relatively
A. Increased HR at all intensities.
B. Lower SBP at all intensities.
C. Increased venous return at all intensities.
D. Increased Vo2max.
Answer: A

QUESTION NO: 40
During exercise of increasing intensity, the SV of normal adults
A. Continues to increase throughout the duration of exercise up to Vo2max.
B. Remains relatively stable duringsubmaximal exercise of greater than approximately 50% of Vo2max.
C. Will continue to increase and then level off just before the achievement of Vo2max.
D. None of the above.
Answer: B

QUESTION NO: 41
The simplest and most rapid method to produce ATP during exercise is through
A. Glycolysis.
B. The ATP-PCr system.
C. Aerobic metabolism.
D. Glycogenolysis.
Answer: B

QUESTION NO: 42
In general, the higher the intensity of the activity, the greater the contribution of
A. Aerobic energy production.
B. Anaerobic energy production.
C. The Krebs cycle to the production of ATP.
D. The electron-transport chain to the production of ATP.
Answer: B

QUESTION NO: 43
The energy to perform long-term exercise (> or = 15 min) comes primarily from
A. Aerobic metabolism.
B. A combination of aerobic and anaerobic metabolism, with anaerobic metabolism producing the bulk of the ATP.
C. Anaerobic metabolism
D. None of the above.
Answer: A

QUESTION NO: 44
The energy to perform long-term exercise (> or = 15 min) comes primarily from
A. Aerobic metabolism.
B. A combination of aerobic and anaerobic metabolism, with anaerobic metabolism producing the bulk of the ATP.
C. Anaerobic metabolism.
D. None of the above.
Answer: A

QUESTION NO: 45
In a rested, well-fed athlete, most of the carbohydrate used as a substrate during exercise comes from
A. Muscle glycogen stores.
B. Blood glucose.
C. Liver glycogen stores.
D. Glycogen stored in fat cells.
Answer: A

QUESTION NO: 46
Fast-twitch muscle fibers have which of the following characteristics compared with slow- twitch muscle fibers?
A. Easily fatigued and well-developed aerobic system.
B. High force production and well-developed blood supply.
C. HighPCr stores and high ATPase stores.
D. None of the above.
Answer: C