基础解剖 Fundamentals of Anatomy

单选题 Single Answer ( 共10题)

第1题 (分值：10分)

在髋关节的肌群中，哪一类主要负责髋关节内收动作？

Which category of hip muscles is primarily responsible for hip adduction?

A：前侧肌群 Anterior muscles

B：后侧肌群 Posterior muscles

C：内侧肌群 Medial muscles

D：外侧肌群 Lateral muscles

第2题 (分值：10分)

猎鸟狗式动作练习能有效锻炼下列哪种作用于躯干的肌肉或肌群？

The birddog is an effective exercise for which of the following muscles or muscle groups that act at the trunk?

A：多裂肌 Multifidi

B：竖脊肌 Erector spinae

C：腹直肌 Rectus abdominis

D：腹横肌 Transverse abdominis

第3题 (分值：10分)

做负重耸肩练习时，肩部的哪一对肌肉得到最好的强化锻炼？

Which pair of shoulder muscles is BEST strengthened by shoulder shrugs performed with resistance?

A：大菱形肌与小菱形肌 Rhomboid major and rhomboid minor

B：胸小肌与前锯肌 Pectoralis minor and serratus anterior

C：肩胛提肌与斜方肌 Levator scapulae and trapezius

D：大圆肌与背阔肌 Teres major and latissimus dorsi

第4题 (分值：10分)

下列关于身体柔韧性的陈述，正确的一项是？

Which of the following statements about flexibility is CORRECT?

A：随着年龄的增长，身体柔韧性水平会由于胶原蛋白水平的下降而提高。 As people age, flexibility naturally increases due to decreased collagen levels.

B：一般来说，男性的身体柔韧性高于女性。 Males are generally more flexible than females.

C：胶原蛋白是由限制活动并阻碍拉伸的蛋白质构成。 Collagen is made up of proteins that limit motion and resist stretch.

D：身体损伤后自动修护会产生瘢痕组织，瘢痕组织通常会增加损伤部位的柔韧性。 The build-up of scar tissue after injury often increases flexibility.

第5题 (分值：10分)

下列发生在额状面（冠状面）上的动作是？

Which of the following movements takes place in the frontal plane?

A：肩胛骨下抑 Depression of the scapulae

B：肘关节屈曲 Flexion at the elbow

C：髋关节伸展 Extension at the hip

D：腕关节旋后（外旋） Supination at the wrist

第6题 (分值：10分)

人体在静息（安静）状态下，通过鼻腔的平均呼吸率等于20-30升/分钟。

The average person’s breathing rate through the nose is equal to 20 to 30 liters per minute while at rest.

A：正确 True

B：错误 False

第7题 (分值：10分)

当血液流经心脏时，在心脏的哪个部位通过三尖瓣？

When blood is flowing through the heart, where does it go after passing through the tricuspid valve?

A：右心房 Right atrium

B：左心房 Left atrium

C：右心室 Right ventricle

D：左心室 Left ventricle

第8题 (分值：10分)

血液的下列四种成分中，向全身运送激素、食物成分、离子和气体的是？

Which of the four components of blood carries hormones, food materials, ions, and gases throughout the body?

A：血浆 Plasma

B：红细胞 Red blood cells

C：白细胞 White blood cells

D：血小板 Platelets

第9题 (分值：10分)

下列哪一项不属于人体的四大类组织？

Which of the following is NOT one of four types of tissue found in the human body?

A：肌组织 Muscular

B：神经组织 Nervous

C：上皮组织 Epithelial

D：血管组织 Vascular

第10题 (分值：10分)

关于肱骨内上髁与外上髁的比较，以下说法正确的是？

When comparing the medial epicondyle of the humerus to the lateral epicondyle of the humerus, which of the following statements is correct?

A：内上髁比外上髁更靠近身体前部 The medial epicondyle is more toward the front of the body than the lateral epicondyle

B：内上髁比外上髁更靠近身体后部 The medial epicondyle is more toward the back of the body than the lateral epicondyle

C：内上髁比外上髁更靠近身体中线 The medial epicondyle is more toward the midline of the body than the lateral epicondyle

D：内上髁比外上髁更远离身体中线 The medial epicondyle is farther from the midline of the body than the lateral epicondyle

1试题解析： 正确答案 C.内侧肌群 Check Your Answer C. Medial muscles 髋关节的内侧肌群（即靠近身体中线的髋部肌肉）包括耻骨肌、短收肌、长收肌、股薄肌和大收肌，这些肌肉主要负责完成髋关节内收动作。 The medial hip muscles (i.e., those hip muscles closer to the midline of the body), including the pectineus, adductor brevis, adductor longus, gracilis, and adductor magnus, are primarily responsible for hip adduction.

2试题解析： 正确答案 A.多裂肌 Check Your Answer A. Multifidi 多裂肌在躯干伸展（后伸）、转体和侧屈动作中协助稳定脊柱，而猎鸟狗式动作练习则能有效训练多裂肌。 The multifidi, which contribute to spinal stability during trunk extension, rotation, and side-bending, are effectively targeted by the birddog.

3试题解析： 正确答案 C.肩胛提肌与斜方肌 Check Your Answer C. Levator scapulae and trapezius 耸肩练习时，这两块肌肉能有效作用于肩胛带，从而完成肩胛骨上提动作。 These two muscles that act at the shoulder girdle to elevate the scapula are effectively targeted by shoulder shrugs.

4试题解析： 正确答案 C.胶原蛋白是由限制活动并阻碍拉伸的蛋白质构成。 Check Your Answer C. Collagen is made up proteins that limit motion and resist stretch. 含有大量胶原蛋白的结构往往会对活动产生限制并阻碍拉伸活动。因此，胶原纤维是韧带和肌腱的主要构成成分，韧带和肌腱受拉力时会伸长。至于其他选项，柔韧性随年龄而下降，女性的柔韧性通常高于男性，瘢痕组织会对身体的柔韧性产生限制。 Structures containing large amounts of collagen tend to limit motion and resist stretch. Thus, collagen fibers are the main constituents of tissues such as ligaments and tendons that are subjected to a pulling force. Regarding the other options, flexibility decreases with aging, females are generally more flexible than males, and scar tissue limits flexibility.

5试题解析： 正确答案 A.肩胛骨下抑 Check Your Answer A. Depression of the scapulae 发生在额状面上的动作如下： The movements that take place in the frontal plane are as follows:  外展 Abduction  内收 Adduction  肩胛骨上提 Elevation  肩胛骨下抑 Depression  内翻 Inversion  外翻 Eversion

6试题解析： 正确答案 B.错误 Check Your Answer B. False 人体在静息（安静）状态下，通过鼻腔的平均呼吸率等于5-6升/分钟，但在运动时随着通气量的增大，口腔逐渐变为主要的气体进出通道，呼吸率约为20-30升/分钟。 Humans normally breathe approximately 5 to 6 liters of air per minute through the nose when at rest, but use the mouth as the primary passageway for air when ventilation is increased to approximately 20 to 30 liters per minute during exercise.

7试题解析： 正确答案 C.右心室 Check Your Answer C. Right ventricle 血液从右心房流经三尖瓣结构进入右心室。 Blood passes through the tricuspid valve on its way from the right atrium to the right ventricle.

8试题解析： 正确答案 A.血浆 Check Your Answer A. Plasma 血液的液体成分叫做血浆，负责向全身各个部位运送激素、血浆蛋白、食物成分（如碳水化合物、氨基酸和脂类）、离子（如钠离子、氯离子和碳酸氢根离子）以及各种气体（如氧气、氮气和二氧化碳）。 The liquid component of blood, called plasma, is responsible for carrying hormones, plasma proteins, food materials (e.g., carbohydrates, amino acids, and lipids), ions (e.g., sodium, chloride, and bicarbonate), and gases (e.g., oxygen, nitrogen, and carbon dioxide) throughout the body.

9试题解析： 正确答案 D.血管组织 Check Your Answer D. Vascular 人体的四种基本组织为肌组织、神经组织、结缔组织和上皮组织。 The four primary types of tissue are muscular, nervous, connective, and epithelial.

10试题解析： 正确答案 C.内上髁比外上髁更靠近身体中线 Check Your Answer C. The medial epicondyle is more toward the midline of the body than the lateral epicondyle “内”是一个解剖学位置术语，意思是“靠近身体中线”；而“外”则是指“远离身体中线”。 The term “medial” means “toward the midline of the body,” while the term “lateral” means “away from the midline of the body.”