

Sample Trail Guide to Movement test

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- ___ 1. What property is described as the ability to be pulled in two different directions without damage?
- Tensile strength
 - Stretch
 - Creep
 - Piezoelectric effect
- ___ 2. Which of the following is a form of connective tissue?
- Epithelial
 - Osseous
 - Muscle
 - Nervous
- ___ 3. What type of fascia is each muscle fiber wrapped in?
- Epimysium
 - Endomysium
 - Retromysium
 - Perimysium
- ___ 4. What is the term for a muscle that assists the agonist in the producing the main action?
- Neutralizer
 - Antagonist
 - Synergist
 - Supporter
- ___ 5. Which of the following muscles belongs to the phasic group?
- Pectoralis Major
 - Levator Scapula
 - Upper Trapezius
 - Rhomboids
- ___ 6. A muscle's length will determine its
- tonicity.
 - tension.
 - contractile speed.
 - force.
- ___ 7. Which of the following muscles belongs to the postural group?
- Pectoralis Major
 - Serratus Anterior
 - Rhomboids
 - Lower Trapezius