

Test Review #1 - 2015

Kin Intro/Anatomical Position/ Bones / Muscles / Joints /130 marks

Key for types of questions and mark breakdown of each – short answer lists(37), Diagrams(34), multiple choice (27), Complete chart, (23) Long Answer (9)

1. Know 5 Health Risks Of Physical Inactivity and Obesity
2. Know 5 barriers and an example how to overcome each barrier
3. Know the 7 stages of the LTAD model
4. Know the 4 benefits of Regular physical activity and healthy eating
5. Know the 4 disciplines of kinesiology and example of a career in each
6. Know the three anatomical planes, axes and position
7. Know the 7 basic movements that involves joints
8. Know the relation between the axes and the plane (know the 3 combination)
9. Define the following position and movement terms: anterior, posterior, superior, Inferior, medial, lateral, proximal, distal
10. Know the 5 Roles of the skeleton
11. Know how many bones the body has and what bones are appendicular and axial
12. Know the 5 types of bones and an example for each
13. Be able to label the anatomy of along bone
14. Be able to label the skeletal bones of the body
15. Know the bone landmarks that we on the quiz
16. Know the different types of fractures
17. Be able to define what Osteoporosis is and the three ways you can help prevent it
18. What are three functions of muscle
19. Know how to differentiate between three types of muscle
20. Know 5 properties of muscle fibre
21. Be able to label the different components of the muscle anatomy
22. Be able to define an agonists and antagonist & use examples (table 6.2, p.166 text)
23. Be able to define three types of contraction
24. Be able to define muscular contraction during exercise
25. Be able to describe the sliding filament theory jot dot (Ex. 6.6, p.117 workbook)
26. Know the major muscles origin and insertions that we described in class
27. Know the three types of major joints
28. Know the 6 types of the synovial joints
29. Know all the components that make up the synovial joint
30. Know the difference between ligament and tendons
31. Know the knee joint (including bone landmarks, ligaments, muscles attachments)
32. Be able to differentiate between hypertrophy and atrophy
33. Know the 3 causes of hypertrophy
34. What are the 5 benefits of resistance training.