

## Muscle Actions sample questions

Select the **most** correct answer

1. Which of these movements is a concentric contraction for the hamstrings?
  - a. Biceps curl
  - b. Squats
  - c. Seated leg curl
  - d. Triceps dips
  
2. Which muscle is a synergist (helper) in an overhead press?
  - a. Pectoralis major
  - b. Latissimus dorsi
  - c. Trapezius
  - d. Rectus Abdominis
  
3. The fixator is a muscle that:
  - a. Fixes a joint in place whilst another muscle is working
  - b. The helper muscle in an exercise
  - c. The opposing muscle to the working muscle
  - d. An exercise with no movement
  
4. Fast twitch fibres would be most used in which of the following:
  - a. Marathon run
  - b. Javelin throw
  - c. Road cycling
  - d. Cross country skiing
  
5. A motor unit consists of:
  - a. Muscle spindles, motor nerve and mitochondria
  - b. Motor nerve, motor end plate, muscle fibres
  - c. Motor end plate, sarcomere, muscle fibres
  - d. Periosteum, motor end plate, muscle fibres
  
6. Abduction of the leg is brought about by which of the following muscles:
  - a. Quadriceps
  - b. Erector Spinae
  - c. Adductors
  - d. Gluteus medius and minimus
  
7. Which of the following is an eccentric contraction for the triceps
  - a. Downward phase of a press up
  - b. Upward phase of triceps box dips
  - c. Upward phase of a press up
  - d. Forward Raise (shoulder flexion) with dumbbells

8. Lying in a supine position and raising your legs requires which muscles to contract concentrically?
  - a. Gluteus maximus
  - b. Rectus abdominis
  - c. Internal Obliques
  - d. Hip Flexors
  
9. Isotonic movements are best performed:
  - a. Fast as you can
  - b. Quickly and jerky
  - c. Slowly and controlled
  - d. Very slowly
  
10. In the downward phase of a squat what is taking the hips to the floor?
  - a. Hamstrings
  - b. Gravity
  - c. Momentum
  - d. Fat
  
11. Which muscles are responsible for hip extension?
  - a. Iliopsoas
  - b. Gluteus maximus
  - c. Rectus abdominis
  - d. Rectus femoris
  
12. Which muscles are responsible for horizontal extension of the shoulder?
  - a. Pectorals and Trapezius
  - b. Rhomboids and Trapezius
  - c. Deltoids and Pectorals
  - d. Biceps and Latissimus dorsi
  
13. Which two bones are involved in rotation of the forearm?
  - a. Humerus and Ulna
  - b. Radius and Carpals
  - c. Humerus and Radius
  - d. Radius and Ulna
  
14. The internal and external Obliques combine to bring about which of the following actions?
  - a. Forward flexion
  - b. Hip flexion
  - c. Trunk rotation
  - d. Hyper extension