

Test – Lesson 15 – Bones and Joints – Answer Key

1. Which statements about the spinal column are true? (Select all that apply.)

- (A) The skull rests on the axis bone.
- (B) The axis bone rotates around the atlas bone.
- (C) In between vertebral bodies are cushions of cartilage called “discs.”**
- (D) There are 12 vertebral bodies in the thoracic region.**

2. Which statements about the chest are true? (Select all that apply.)

- (A) The clavicle bone stretches between the sternum and the scapula.**
- (B) The tip of each bony rib resting on the sternum is covered with a thin layer of cartilage.
- (C) The two muscles pulling the scapula bones together are the rhomboids and the trapezius muscles.**
- (D) The pectoralis muscles pull the shoulders forward.**

3. Which statements about serratus anterior are true? (Select all that apply.)

- (A) Serratus anterior is visible along the side of the rib cage.**
- (B) Serratus anterior slides the scapulae forward.**
- (C) Serratus anterior is anchored on the upper humerus bone.
- (D) Serratus anterior inserts on the ribs.**

4. Which statements about the humerus bones are true? (Select all that apply.)

- (A) The two major muscles pulling the humerus bones back are teres major and latissimus dorsi.**
- (B) Teres major is anchored on the scapula and latissimus dorsi is anchored on the spinal column.**
- (C) The biceps muscle is anchored on the acromion jutting out from the scapula.
- (D) The pectoralis muscles inserts on the coracoid process to pull the humerus bone medially.

5. Which statements about the arm are true? (Select all that apply.)

- (A) The radius bone pronates the forearm (turns the palm face down) with the help of only one muscle, pronator teres.**
- (B) The supinator muscle supinates the forearm (turns the palm face up) by rotating the ulna bone over the radius bone.
- (C) The biceps muscle inserts on the ulna bone to aid in supinating the forearm.
- (D) Supination is stronger with the elbow bent because the biceps is not being stretched.**

6. Maintaining an upright posture requires tilting the pelvis backward, best done with the help of the \_\_\_\_\_.

- (A) latissimus dorsi and abdominal wall muscles
- (B) latissimus dorsi and psoas muscles
- (C) gluteus maximus and abdominal wall muscles**
- (D) hamstrings and abdominal wall muscles

7. Which statements about the knee and ankle joints are true? (Select all that apply.)

- (A) The two ligaments on the outside of the knee are the medial and lateral collateral ligaments attached to the tibia bone.
- (B) The two internal ligaments of the knee are the anterior and posterior cruciate ligaments.**
- (C) Most of the body's weight is born by the tibial bone resting on the calcaneus bone.
- (D) The outside ankle is formed by the tip of the fibula bone.**