

## Test – Lesson 15 – Bones and Joints

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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.