

Anatomy of the Muscular System Worksheet

Multiple Choice

1. An entire skeletal muscle is covered by a coarse sheath called
 - a. Endomysium
 - b. Perimysium
 - c. Epimysium
 - d. Aponeurosis
2. Muscles that are arranged like feathers in a plume are described as
 - a. Parallel
 - b. Convergent
 - c. Sphincter
 - d. Pennate
3. Aponeurosis is
 - a. Broad and flat
 - b. Tube-shaped
 - c. Featherlike
 - d. Circular
4. Antagonists are muscles that
 - a. Oppose prime movers
 - b. Facilitate prime movers
 - c. Stabilize muscles
 - d. Directly perform movements
5. A fixed point about which a rod moves is called a
 - a. lever
 - b. bone
 - c. belly
 - d. fulcrum
6. In first-class levers the
 - a. Fulcrum is between the load and the force
 - b. Load is between the fulcrum and force
 - c. Force is between the fulcrum and load
 - d. Load and force are equal
7. All of the following are rotator cuff muscles except
 - a. Deltoid
 - b. Infraspinatus
 - c. Supraspinatus
 - d. Teres minor
8. The muscle that shrugs the shoulders is the
 - a. Sternocleidomastoid
 - b. Deltoid
 - c. Trapezius
 - d. Pectoralis major
9. The posterior arm muscle that extends the forearm is the
 - a. triceps brachii
 - b. brachioradialis
 - c. brachialis
 - d. biceps brachii
10. The muscles of the quadriceps femoris include all of the following except
 - a. Vastus intermedius
 - b. Vastus medialis
 - c. Vastus lateralis
 - d. Vastus femoris
11. The anterior superior iliac spine is the site of origin for the
 - a. Sartorius
 - b. Rectus femoris
 - c. Gracilis
 - d. Iliacus
12. Plantar flexion of the foot is achieved by the
 - a. Tibialis anterior
 - b. Tibialis posterior
 - c. Peroneus brevis
 - d. Soleus
13. The muscles of the hamstring include all of the following except
 - a. Iliopsoas
 - b. Semitendinosus
 - c. Semimembranosus
 - d. Biceps femoris
14. Which of the following muscles does not move the upper arm?
 - a. Pectoralis major
 - b. Latissimus dorsi
 - c. Deltoid
 - d. Trapezius
15. The origin of a muscle is on the femur, and the insertion is on the tibia. When it contracts, it bends the knee. Which of the following is true?
 - a. The knee is acting as a fulcrum
 - b. It is an example of a first-class lever
 - c. It is an example of a second-class lever
 - d. A and C
16. The origin of a muscle is on the femur, and the insertion is on the tibia. When it contracts, it bends the knee. The fibers run parallel. What term might be a part of its name?
 - a. Rectus
 - b. Oblique
 - c. Femoris
 - d. A and C
17. Which of the following is not a function of all muscle?
 - a. Excitability
 - b. Elasticity
 - c. Relaxability
 - d. Contractility

Anatomy And Physiology Test Muscle System Test

Katrin Zwirgmaier



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