

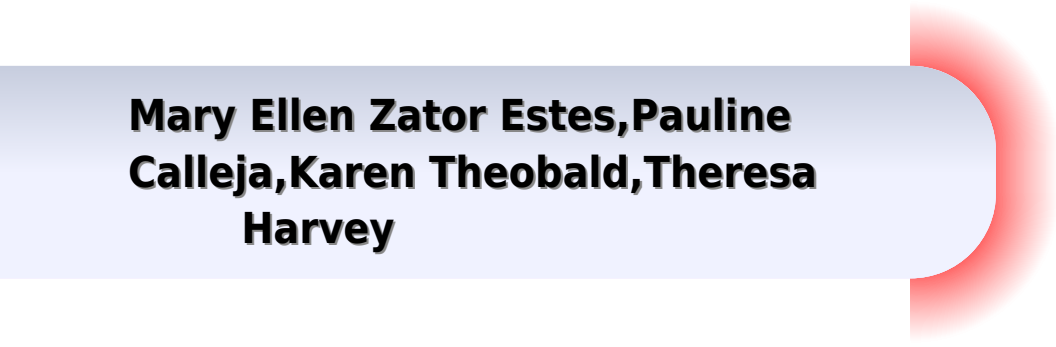
# Anatomy of the Muscular System Worksheet

## 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. Relaxibility
  - d. Contractility

# Anatomy And Physiology Test Muscle System Test

**Mary Ellen Zator Estes, Pauline  
Calleja, Karen Theobald, Theresa  
Harvey**



## **Anatomy And Physiology Test Muscle System Test:**

**Mosby's Guide to Physical Examination** Henry M. Seidel, 2011-01-01 With a strong patient centered approach to care and an author team comprised of nurses and physicians Seidel's Guide to Physical Examination 8th Edition addresses teaching and learning health assessment in nursing medical and a wide variety of other health care programs at both undergraduate and graduate levels This new edition offers an increased focus on evidence based practice and improved readability along with integrated lifespan content and numerous special features such as Clinical Pearls and Physical Variations Functional Assessment and Staying Well boxes Evidence Based Practice in Physical Examination boxes supply you with current data on the most effective techniques for delivering quality patient care Clinical Pearls lend insights and clinical expertise to help you develop clinical judgment skills Functional Assessment boxes present a more holistic approach to patient care that extends beyond the physical exam to patients functional ability Staying Well boxes focus you on patient wellness and health promotion Risk Factor boxes provide opportunities for patient teaching or genetic testing for a variety of conditions Differential diagnosis content offers you an understanding of how disease presentations vary and specific information for how to make diagnoses from similar abnormal findings Abnormal Findings tables equip you with a quick illustrated reference that allows for comparisons of various abnormalities along with key symptoms and underlying pathophysiology Sample Documentation boxes clarify appropriate professional language for the process of recording patient assessment data NEW Advance Practice Skills highlighted throughout text makes identification and reference easier for students NEW Updated content throughout provides you with cutting edge research and a strong evidence based approach to care NEW Vital Signs and Pain Assessment Chapter groups important foundational tasks together for easy reference in one location NEW Improve readability ensures content remains clear straightforward and easy to understand NEW Updated illustrations and photographs enhances visual appeal and clarifies anatomic concepts and exam techniques **Mosby's**

**Guide to Physical Examination - E-Book** Henry M. Seidel, Rosalyn W. Stewart, Jane W. Ball, Joyce E. Dains, John A. Flynn, Barry S. Solomon, 2010-03-04 Mosby's Guide to Physical Examination is a comprehensive textbook of physical examination history taking and health assessment with a unique emphasis on differential diagnosis and variations across the lifespan The book conveys a uniquely compassionate patient centered approach to physical examination with a strong evidence based foundation Clinical Pearls boxes give brief clinical insights with expert tips on techniques findings and patient teaching Mnemonic boxes deliver engaging auditory visual and other memory cues to help you remember series of assessment or exam steps Physical Variations boxes detail multicultural considerations for assessing patients from diverse ethnic and cultural groups Staying Well boxes describe holistic approaches to health promotion and patient teaching Risk Factors boxes highlight modifiable and nonmodifiable risk factors for a variety of conditions Differential Diagnosis boxes give comparisons of expected findings for similar conditions and explain how disease presentations vary Physical Examination

boxes provide current data on the most effective techniques for delivering quality patient care Functional Assessment boxes focus on the patient's functional abilities and present a holistic approach to patient care Downloadable text and PDA summaries allow for quick review of the key steps in each system exam Dynamic learning exercises on the companion website test your knowledge and provide instant feedback on your progress Updates throughout reflect the latest research findings and evidence based practice for techniques normal and abnormal findings genetics and assessment 60 video clips demonstrate exam techniques for each system and are downloadable for use on Video iPod devices 25 new anatomy and physiology animations provide narrated explanations of processes beneath the skin New audio chapter summaries downloadable for use on MP3 players offer a convenient way to review key content on the go New 3 column tables featuring Pathophysiology Subjective Data and Objective Data provide an illustrated reference that allows for quick and accurate comparisons 75 new illustrations and dozens of new photos of normal and abnormal findings help to clarify anatomic concepts and exam techniques

*A Programmed Approach to Anatomy and Physiology: The muscular system*, 1972

*Orthopedic Clinical Examination* Michael P. Reiman, 2016-01-28 Orthopedic Clinical Examination With Web Resource provides readers with fundamental knowledge for developing proficiency at performing systematic orthopedic evaluations Michael P Reiman who is internationally respected for his teaching clinical practice and research focused on orthopedic assessment and treatment methods presents an evidence based guide on the examination process for various parts of the body The text takes a structured approach moving from broad to focused that guides clinicians in examining each client and condition The text presents specific components of the examination in the same sequence ensuring repetition and improved consistency in learning Screenings are used early in the examination sequence not only to determine the appropriateness of performing an orthopedic examination but also to rule out other potential pain generators and thereby narrow the focus of the examination Orthopedic Clinical Examination emphasizes evidence based practice and therefore focuses on tests that are clinically relevant providing students and clinicians with the most appropriate testing options rather than listing tests with no regard for their clinical value Both treatment based and pathological based diagnostic styles are covered in detail so that readers will gain a thorough understanding of both approaches and be able to implement them separately or in tandem In addition to musculoskeletal testing the text provides information on including subjective history observation diagnostic imaging systems and neurological screening and performance based measures in each examination The text is organized into five parts and is structured such that readers will first acquire requisite knowledge about anatomy and the examination process before advancing to acquiring specific examination skills Part I presents information about the musculoskeletal and nervous systems as well as tissue behavior and healing Part II introduces the principles of the examination sequence Parts III and IV present the region specific examination sequence for evaluating clients including specifics on analyzing the head spine and extremities Each chapter in these two parts covers the anatomy of the region various types of injuries that occur

specific tests and measures that can be used and cross references to specific case studies for further review Part V highlights additional considerations that may be necessary for special populations during the examination process Orthopedic Clinical Examination includes learning tools that enhance comprehension and engagement Full color photographs and illustrations demonstrate anatomy patient conditions and clinician positioning to serve as a visual reference and ensure proper testing techniques A library of 50 videos found in the web resource provides students with visual demonstrations of assessments and treatments Color coding graphics throughout chapters help readers quickly discern whether evidence supporting the reported finding is ideal good or less than good Overviews of common orthopedic conditions for each body region are in the 12 applied chapters Twenty four case studies guide users in the proper questions to ask and steps to take in conducting examinations Links to abstracts of articles provide additional clinical learning scenarios For instructors an image bank test package and instructor guide with activities aid in teaching and testing students The web resource and ancillaries are available at [www.HumanKinetics.com](http://www.HumanKinetics.com) OrthopedicClinicalExamination With Orthopedic Clinical Examination current and future clinicians will gain the knowledge and confidence they need in performing examinations and making diagnoses in clinical settings

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*U.S. Government Research Reports* ,1964 **Anatomy and Physiology for Health Professionals** Jahangir Moini,2011-04-04 Anatomy and Physiology for Health Professionals provides a reliable complete resource and reference on human anatomy and physiology This comprehensive and accessible text is written specifically for health professions students and covers the most important topics and concepts to adequately prepare them for their future careers Organized by review of structure and function the subjects and systems covered in the book are easy to read and provide a concentrated core of study topics that highlights key areas of human anatomy and physiology Features Over 350 Full color Photos Figures Tables and Illustrations Glossary of Key Terms Check Your Knowledge Boxes Chapter Objectives and Learning Goals Critical Thinking Questions Chapter Review Questions with Answer Key Instructor Resources Instructor s Manual PowerPoint Slides TestBank Each new copy of this text is accompanied by an access code to the Companion Website Please note Electronic eBook formats do not include access to the Companion Website **Kinn's Medical Assisting Fundamentals - E-Book** Brigitte Niedzwiecki,2021-10-21 Master the clinical and administrative competencies you need to succeed as a Medical Assistant Kinn s Medical Assisting Fundamentals 2nd Edition covers the administrative and clinical knowledge skills and procedures that are essential to patient care A reader friendly approach and focus on foundational content including medical terminology anatomy and physiology basic math calculations and soft skills provide a solid foundation for the key skills and procedures at the heart of Medical Assisting practice An applied learning approach organizes content around realistic case scenarios The 2nd edition adds coverage of intravenous procedures catheterization and limited scope radiography to address

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Nagelhout, 2022-01-23 NEW Updated content reflects the latest changes in the industry NEW Two new chapters include Crisis Resource Management and Patient Safety and Infection Control and Prevention [Nursing School Entrance Exams Prep 2021-2022](#) Kaplan Nursing, 2020-08-04 Always study with the most up to date prep Look for Nursing School Entrance Exams Prep ISBN 9781506290362 on sale May 2 2023 Publisher's Note Products purchased from third party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitles included with the product

**Phlebotomy - E-Book** Robin S. Warekois, Richard Robinson, Pamela Primrose, 2019-07-26 Master practical phlebotomy skills with Phlebotomy Worktext and Procedures Manual 5th Edition Known for its storyboard format of procedures and beautiful illustrations this hands on worktext describes all aspects of phlebotomy with focused and current coverage of lab tests equipment safety and collection procedures emergency situations special populations and point of care testing Procedures outlined with step by step instructions and full color photos cover core competencies and a detachable bookmark with color tube guide acts as a handy clinical reference Learning features focus on clinical scenarios practice tips and error prevention and are supplemented by videos and certification exam preparation Right sized coverage of the full spectrum of phlebotomy practice Step by step illustrated procedures on essential phlebotomy competencies and techniques Exam preparation questions in each chapter and three mock certification exams help with classroom and board test review Clinical scenarios and tips focus on application and real world workplace challenges and solutions Removable bookmark for handy clinical reference to tube color coding OSHA icons in procedures highlight safe and effective practice Key terms and acronyms listed at the beginning of each chapter highlighted in text and defined in a back of book glossary Additional online resources animations procedure videos interactive exercises and an audio glossary NEW Expanded and updated content on new laboratory tests emergency procedures job duties safety quality assurance and more NEW Animations focusing on anatomy and physiology help ensure comprehension of foundational content **Anatomy and Physiology** Kenneth G.

Neal, 1986-10 This book will serve the needs of readers seeking careers in health related professions physical education and home economics It will also be of interest to any reader who seeks an understanding of the structure and function of human body systems As a manual and study guide readers will find coverage of basic microscopy the skeletal muscular digestive and other body systems as well as detailed instructions for dissection of fetal pigs and several sheep organs For instructors students and readers who need a lab manual and study guide to introductory anatomy and physiology *Health Assessment and Physical Examination* Mary Ellen Zator Estes, Pauline Calleja, Karen Theobald, Theresa Harvey, 2019-10-24 Health



assessment is an ongoing process that evaluates the whole person as a physical psychosocial and functional being whether they are young or old well or ill This market leading text presents health assessment physical examination information and skills for health professionals who undertake these types of assessments Health Assessment and Physical Examination is scaffolded from foundation to more advanced health assessment following a body systems approach and a head to toe approach It uses the ENAP Examine Normal Abnormal Pathophysiology approach as a tool for students to collect useful information An applied case study at the end of each chapter walks students through an example of an assessment This comprehensive yet student friendly text is noted for its high quality case studies pedagogical elements and excellent student resources Unique to this text are the advanced topics and Urgent findings which highlights serious or life threatening signs or critical assessment findings that need immediate attention

Introduction to Physical Therapy - E-BOOK Michael A. Pagliarulo, 2025-06-05 Start your physical therapy career path on the right foot with Introduction to Physical Therapy 7th Edition This comprehensive text offers an insightful and thorough overview of both the profession and the practice of physical therapy including the latest topics and trends in the industry The first section walks through the key aspects of a career in physical therapy including the roles of the physical therapist and physical therapist assistant practice settings the APTA laws policies and regulations The second section covers the practice of physical therapy detailing the functions disorders and therapies of the major organ systems The seventh edition features updated chapters on the physical therapist assistant and the American Physical Therapy Association as well as updated content references and coverage of the latest trends in health care Paired with an abundance of learning aides like learning objectives chapter outlines review questions and more this highly visual text offers the complete foundation you need to successfully grow your professional knowledge and skills NEW Revised content and up to date references throughout the text equip you with the most current coverage of relevant topics for today s PT and PTA professionals UPDATED The Physical Therapist Assistant American Physical Therapy Association and Effective Communication in the Profession of Physical Therapy in the 21st Century chapters feature the latest information and insights NEW Enhanced ebook version included with every new print purchase features additional review questions and answers plus digital access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud The latest information on current trends in health care and the profession of physical therapy keeps you current on the latest issues Numerous learning aides include chapter outlines key terms learning objectives boxes tables summaries suggested readings and review questions An overview of the profession combined with clinical information gives you a solid foundation in the practice of physical therapy

**Seidel's Guide to Physical Examination - E-Book** Jane W. Ball, Joyce E. Dains, John A. Flynn, Barry S. Solomon, Rosalyn W. Stewart, 2017-12-21 NEW Emphasis on clinical reasoning provides insights and clinical expertise to help you develop clinical judgment skills NEW Enhanced emphasis on patient safety and healthcare quality particularly as it relates to sports

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