

Video: Anatomical Position and Terms of Reference

Sample Multiple Choice Questions

1. Which statement is correct?
 - a. During a push-up, the body is prone.
 - b. Your fingernail is proximal to your biceps.
 - c. Your heart is superficial to your lungs.
 - d. During a squat, the quadriceps move medially.

2. Which statement is correct?
 - a. The navel is distal to the heart.
 - b. The wrist is proximal to the knuckles.
 - c. The ribcage is proximal to the spine.
 - d. The forearm is distal to the tibia.

3. Which statement is incorrect? In anatomical position...
 - a. The body is prone.
 - b. The body is supine.
 - c. All major joints are flexed.
 - d. All major joints are extended.

4. The patella is inferior to the...
 - a. Cranium, sternum, and ankle.
 - b. Shoulders, thoracic spine, and jaw.
 - c. Ribcage, tibia, and humerus.
 - d. Scapula, lumbar spine, and fibula.

1. (a) 2. (b) 3. (d) 4. (b)