

Video: Musculoskeletal Anatomy: Bones, Ligaments, and Tendons

Sample Multiple Choice Questions

1. Which of the following statements is not a function of ligaments? Ligaments...
 - a. Connect bones together at joints.
 - b. Help prevent a joint from moving along an undesired plane.
 - c. Stabilize the attachments of muscles.
 - d. Stabilize a joint within a normal range of motion.

2. Which of the following statements is true?
 - a. Ribs attach to the cervical vertebrae.
 - b. The Achilles tendon is a fleshy attachment.
 - c. The common name for the patella is "collar bone".
 - d. Biomechanics refers to human movement.

3. Fitness leaders should have a base knowledge of musculoskeletal anatomy, so they can...
 - a. Design workouts that are balanced, safe, and functional.
 - b. Diagnose musculoskeletal injuries.
 - c. Determine which body parts need the most attention.
 - d. Deter competitive athletes from exercises that are too easy.

1. (c) 2. (d) 3. (a)