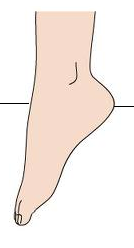
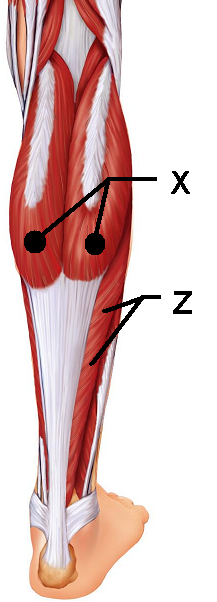
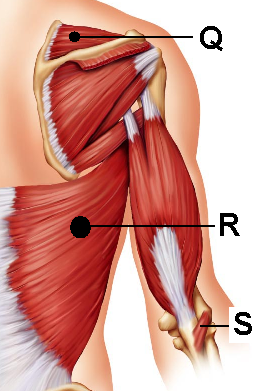
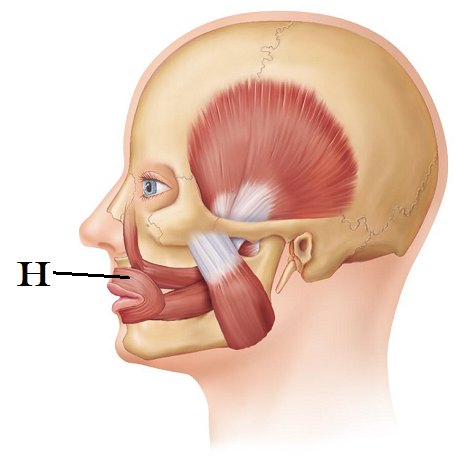
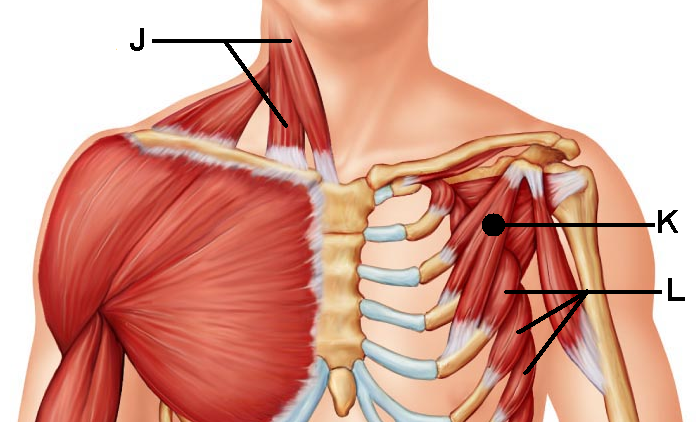
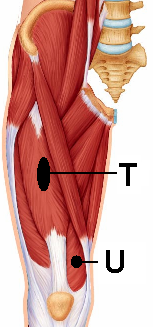
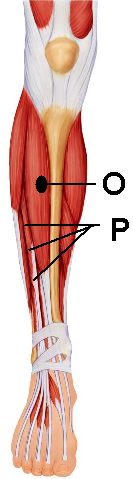
BSC 181Exam Three:

Chapters 8, 9, and 10

1. Which of the following is **not** a synovial joint?
2. gliding
3. saddle
4. condyloid
5. ball and socket
6. suture
7. Which of the following is a **gomphosis**?
8. elbow joint
9. teeth
10. pubic symphysis
11. intervertebral disc
12. knee
13. The **connective tissue** that covers each skeletal muscle **cell** (muscle fiber) is
    1. sarcoplasmic reticulum
    2. endomysium
    3. sarcolemma
    4. epimysium
    5. perimysium
14. In which **two** places would you find a **synchondrosis**?
    * 1. where the first rib articulates with the sternum
      2. between the tibia and fibula
      3. between vertebral bodies
      4. in the long bones at the growth plates
      5. at the pubic symphysis
    1. 1 and 2
    2. 2 and 3
    3. 2 and 5
    4. 1 and 4
    5. 3 and 5
15. This motion of the ankle is
16. plantarflexion
17. inversion
18. elevation
19. dorsiflexion
20. protraction
21. What is the function of a bursa?
    1. Promotes nutrition to the synovium
    2. Prevents overheating of the pannus
    3. Reduces the amount of friction at a joint
    4. Increases the activity of the chondrocytes
    5. Encourages synovial expansion
22. A sheet-like extension of the epimysium that connects **muscle to muscle** is
23. ligament
24. aponeurosis
25. fascicle
26. sarcoplasmic reticulum
27. tendon
28. The term “ankylosis” was used in describing a result of Rheumatoid arthritis. What does ankylosis mean?
    1. Inflammation of the synovium
    2. Flattened sheets of tissue
    3. Erosion of bone
    4. Dislocation
    5. Fusion of bone
29. This muscle “X” is responsible for plantar flexion
    1. Soleus
    2. Gastrocnemius
    3. Fibularis posterior
    4. Semitendinosus
    5. Semimembranosus
30. This muscle “Z” lies deep to the muscle in question 9.   
    It is also responsible for plantar flexion
31. Soleus
32. Gastrocnemius
33. Fibularis posterior
34. Semimembranosus
35. Semitendinosus
36. In a **resting** **skeletal** muscle cell the myosin binding sites are **blocked** by \_\_\_\_\_\_\_\_
37. actin
38. myosin
39. calmodulin
40. calcium
41. tropomyosin
42. The joint between C1 and C2 uses the **dens** (also known as the odontoid process) to create which type of joint motion
    1. Supination
    2. Circumduction
    3. Rotation
    4. Flexion
    5. Extension
43. Smooth muscle cells can contract as a unit due to the presence of
44. dense bodies
45. gap junctions
46. dystrophin
47. motor end plates
48. intercalated discs
49. This muscle “Q” is one of the muscles of the rotator cuff
50. Subscapularis
51. Levator Scapulae
52. Supraspinatus
53. Infraspinatus
54. Teres Major
55. This muscle “R” is responsible for extension   
    at the shoulder and medial rotation
56. Rhomboid major
57. Trapezius
58. Latissimus Dorsi
59. Quadratus Lumborum
60. Teres Major
61. The **perimysium** can be found
62. Wrapped around a muscle like the triceps
63. Wrapped around a fascicle
64. Wrapped around a motor unit
65. Wrapped around an individual muscle fiber
66. Wrapped around a myosin
67. What is SR: Sarcoplasmic reticulum?
68. The shortest functional unit within a muscle fiber
69. The region in muscle responsible for the production of ATP
70. Smooth endoplasmic reticulum in a muscle cell responsible for the distribution of calcium
71. Rough endoplasmic reticulum in a muscle cell responsible for high energy outputs
72. Endoplasmic reticulum in a muscle cell responsible for creating mitochondria
73. What unique characteristic of smooth muscle allows your stomach to stretch as you eat and not contract immediately to expel food?
74. Hyperplasia
75. stress-relaxation response
76. peristalsis
77. slow contraction
78. single unit contraction
79. Synergistic muscles that immobilize a joint are also classified as \_\_\_\_\_\_\_\_.
80. agonists
81. synovialists
82. fixators
83. prime movers
84. antagonists
85. This muscle “H” helps to purse the lips.
86. Orbicularis oculi
87. Masseter
88. Orbicularis labii
89. Zygomaticus
90. Oribicularis oris
91. Which muscles are part of the **hamstring** group?
92. Biceps femoris
93. Gracilis
94. Semimembranosus
95. Semitendinosus
96. Vastus Lateralis
    1. 1, 2, 5
    2. 1, 3, 4
    3. 3, 4, 5
    4. 2, 4
    5. 1, 2, 4, 5
97. As the actin and myosin filaments slide past one another, they generate a contraction. The smallest contractile unit in a skeletal muscle is called
    1. T tubule
    2. Sarcomere
    3. Myoplex
    4. Sarcoplasmic reticulum
    5. Z band
98. **Calveoli** are present in
99. T tubules
100. Mitochondria of cardiac muscles
101. The dorsum of the foot and are responsible for toe flexion
102. The plasma membranes of smooth muscle cells
103. Actin and myosin arrangements
104. A **fascicle** is defined as
105. An individual muscle fiber
106. A muscle fiber innervated by the somatic nervous system
107. The membrane that surrounds a large muscle group
108. A small bundle of muscle fibers
109. The functional unit of the myofibril
110. The **prime mover** in **abduction** **of the arm** is \_\_\_\_\_\_\_\_\_\_.
111. Latissimus dorsi
112. Levator scapulae
113. Triceps brachii
114. Deltoid
115. Biceps brachii
116. A muscle that allows us to shrug our shoulders is \_\_\_\_\_\_\_\_\_\_. (Prime mover for shoulder elevation.)
117. Latissimus dorsi
118. Subclavius
119. Trapezius
120. Pectoralis major
121. Teres major
122. Which arthritis is being described: This type of arthritis commonly presents as pain in the big toe. It can be aggravated by dietary factors and if left untreated, the bones can fuse together.
     1. Rheumatoid arthritis
     2. Gouty arthritis
     3. Bursitis
     4. Osteoarthritis
     5. Synoarthritis
123. This muscle “J” is responsible for head flexion when activated bilaterally or lateral flexion if activated alone.
124. Anterior scalene
125. Flexor mentalis profundus
126. Suprascapularis
127. Sternocleidomastoid
128. Splenius capitis
129. This muscle “K” shares its   
     name with a larger counterpart
130. Omohyoid
131. Deltoid
132. Subscapularis
133. Pectoralis minor
134. External intercostals
135. This muscle “L” can help to stabilize the scapula as well as pull the scapula forward. Its jagged appearance contributes to its name.
136. Teres minor
137. Serratus Anterior
138. Stylohyoid
139. Internal intercostals
140. Subscapularis
141. A motor unit is
     1. The distance between sarcomeres
     2. The distance between Z lines
     3. The skeletal muscle fibers that are innervated by a single nerve fiber
     4. The bundle of nerve fibers that run to smooth muscle
     5. The bundle of muscle cells surrounded by epimysium
142. This muscle “Y” acts as a synergist that helps to stabilize the   
     elbow during flexion
143. Brachialis
144. Biceps brachii
145. Palmaris longus
146. Brachioradialis
147. Extensor carpi digitorum
148. This type of joint uses both concave and convex joint surfaces to create a large range of motion. It is seen at the thumb.
     1. Condyloid
     2. Elliptical
     3. Hinge
     4. Ball and socket
     5. Saddle
149. Carla is doing bicep curls. What type of contraction is being demonstrated by her biceps as she flexes her forearm?
150. Myotonic
151. Hyperplastic
152. Hypertrophic
153. Isotonic
154. Isometric
155. Which muscle is the prime mover for **flexion** at the shoulder?
156. pectoralis major
157. biceps brachii
158. triceps brachii
159. brachialis
160. brachioradialis
161. Peristalsis is
162. Seen only in skeletal muscles
163. Seen only in cardiac muscles
164. Seen only in smooth muscles
165. Related to the diagonal muscle arrangement of the fibers
166. Related to the irregularly space muscle fibers
167. Which of the following is **not** an intrinsic muscle of the hand?
168. Flexor pollicis brevis
169. Opponens digiti minimi
170. Opponens hallicus
171. Palmar interossei
172. Lumbricals
173. Smooth muscles lack \_\_\_\_ but they have \_\_\_\_
174. Actin; myosin
175. Troponin; calmodulin
176. Sarcoplamic reticulum; calveoli
177. Myosin; ATP
178. Nuclei; nucleoli



1. This muscle “T” is responsible for thigh flexion
2. Iliocostalis
3. Iliopsoas
4. Biceps femoris
5. Rectus femoris
6. Quadriceps
7. This muscle “U” assists in leg extension
8. Sartorius
9. Vastus Lateralis
10. Vastus medialis
11. Vastus intermedius
12. Gluteus medius
13. This muscle “O” is found in the **anterior compartment** and is   
    responsible for dorsiflexion
14. Fibularis Anterior
15. Fibularis
16. Tibialis Anterior
17. Sartorius
18. Extensor digitorum longus
19. This muscle “P” is located in the **anterior compartment**   
    and is responsible for extension of the second   
    through the fifth toes.
20. Extensor carpi ulnaris
21. Extensor tibialis brevis
22. Extensor fibularis
23. Extensor hallicus longus
24. Extensor digitorum longus
25. What term is used for muscle fibers that have a circular arrangement?
26. Pennate
27. Simplex
28. Scaphoid
29. Orbicularis
30. Ocular
31. Which of the following has a syndesmoses?
    1. Teeth
    2. Patella-femur
    3. C1-Occiput
    4. Interphalangeal joints
    5. Distal Tibia-Fibula
32. The metacarpophalangeal joint is composed of an ovoid surface that fits into a depression to create which joint type?
    1. Saddle joint
    2. Condyloid joint
    3. Ball and socket joint
    4. Suture
    5. Synchondrosis
33. Describe **circumduction**
    1. a movement that causes an increases in the joint angle
    2. a movement anchored at one point, free at another that describes a cone in space
    3. movement that creates a spinning or pivoting around the long axis
    4. a movement away from midline
    5. lifting a structure
34. Which structures are involved in the act of opposition?
    1. Hallux and digiti minimi
    2. Biceps/triceps
    3. Pollux and fifth digit
    4. Abdominal muscles and erector spinae muscles
    5. Patella and femur
35. Hyperplasia is seen \_\_\_\_\_\_ during \_\_\_\_\_\_\_\_\_\_\_.
    1. Skeletal muscle; overload
    2. Cardiac muscle; ventricular diastole
    3. Smooth muscle; pregnancy
    4. Skeletal muscle; oxygen debt
    5. Smooth muscle; reflexive contractions
36. Just by the name alone, which muscle would you expect to have the following action: “pull the lower lip down”
    1. Risorus
    2. Mentalis
    3. Depressor labii inferioris
    4. Orbicularis oris
    5. Levator labii superioris
37. The external intercostals muscles are responsible for
    1. Spine flexion
    2. Lateral flexion of the neck
    3. Opposition
    4. Inhalation
    5. Childbirth

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