

PT-test2**True/False**

Indicate whether the sentence or statement is true or false.

- ___ 1. The upper extremity is often one of the body's weakest areas.
- ___ 2. Muscles are usually grouped together according to their eccentric function.
- ___ 3. Muscles generally function in paired opposition to an antagonistic group.
- ___ 4. For the purpose of movement analysis, most sport skills involve 3 – 5 separate phases.
- ___ 5. Exact names of the movement phases may vary from skill to skill to fit the various sports terminology.
- ___ 6. The names of individual phases of sports skills may vary depending upon body part involved.
- ___ 7. During the "follow-through" phase velocity of the moving body segment progressively decreases over a wide range of motion which is usually attributable to high concentric activity in muscles.

Multiple Choice

Identify the letter of the choice that best completes the statement or answers the question.

- ___ 8. Which of the following is not true regarding muscular strength and endurance in the shoulder area?
 - a. essential for improved appearance and posture
 - b. increases performance in all sports
 - c. increases efficiency in skill performance of upper body activities
 - d. specific conditioning exercises and activities should be intelligently selected
- ___ 9. Which one of the following may not be determined from viewing an activity from an analysis perspective?
 - a. which muscles that are performing the movement
 - b. which type of contraction is occurring
 - c. which kind of exercises are appropriate for developing the muscles
 - d. which angle of movement will produce the greatest force
- ___ 10. Which one of the following is not true regarding the analysis of most sport skills?
 - a. will include preparatory phase
 - b. will include a movement phase
 - c. will include a stop-action phase
 - d. will include a follow-through phase
- ___ 11. Which of the following statements is not true regarding the "stance phase" of sports skills?
 - a. allows for more power to be transferred from the body during the movement
 - b. allows the athlete to assume a comfortable and balanced body position
 - c. emphasis is on setting various joint angles in the correct position
 - d. is a relatively static phase with fairly short ranges of motion involved
- ___ 12. Which of the following statements is not true regarding the "preparatory phase" of sports skills?
 - a. often referred to as cocking or wind-up phase
 - b. used to lengthen the muscles in order to generate more force and momentum
 - c. is generally not the most critical phase in leading toward the desired result of activity
 - d. becomes more dynamic as the need for explosiveness in the sport skill increases

Name: _____

ID: A

Completion

Complete each sentence or statement.

13. It is a conglomeration of billions of cells forming nerves that are specifically designed to provide a communication network within the human body
14. What are the three primary functions of the nervous system?
15. The ability of the nervous system to analyze and interpret the sensory information to allow for proper decision making and produce the appropriate response.
16. The neuromuscular response to the sensory information, such as causing the muscle to initially contract when stretched.
17. The functional unit of the nervous system

Short Answer

18. The ability of the nervous system to sense changes in either the internal or external environment.
19. The three main parts of the neuron
20. Transmit nerve impulses from effector sites via receptors to the brain and spinal cord.
21. Transmit nerve impulses from one neuron to another.
22. Transmit nerve impulses from the brain and spinal cord to the effector sites such as muscles or glands.

PT-test2
Answer Section

TRUE/FALSE

1. ANS: T
2. ANS: F
3. ANS: T
4. ANS: T
5. ANS: T
6. ANS: T
7. ANS: F

MULTIPLE CHOICE

8. ANS: B
9. ANS: D
10. ANS: C
11. ANS: A
12. ANS: C

COMPLETION

13. ANS: The Nervous System
14. ANS: Sensory, Integrative and Motor function
15. ANS: Integrative Function
16. ANS: Motor Function
17. ANS: The Neuron

SHORT ANSWER

18. ANS:
Sensory Function
19. ANS:
-Cell Body
-Axon
-Dendrites
20. ANS:
Sensory Neurons
21. ANS:
Interneurons
22. ANS:
Motor Neurons

T 1.

 F 2.

 T 3.

 T 4.

 T 5.

 T 6.

 F 7.

 B 8.

 D 9.

 C 10.

 A 11.

 C 12.

TRUE/FALSE

(T) (F)

- | | | | | | |
|----|-----|-----|-----|-----|-----|
| 1. | (A) | (B) | (C) | (D) | (E) |
| 2. | (A) | (B) | (C) | (D) | (E) |
| 3. | (A) | (B) | (C) | (D) | (E) |
| 4. | (A) | (B) | (C) | (D) | (E) |
| 5. | (A) | (B) | (C) | (D) | (E) |
| 6. | (A) | (B) | (C) | (D) | (E) |
| 7. | (A) | (B) | (C) | (D) | (E) |

MULTIPLE CHOICE

- | | | | | | |
|-----|-----|-----|-----|-----|-----|
| 8. | (A) | (B) | (C) | (D) | (E) |
| 9. | (A) | (B) | (C) | (D) | (E) |
| 10. | (A) | (B) | (C) | (D) | (E) |
| 11. | (A) | (B) | (C) | (D) | (E) |
| 12. | (A) | (B) | (C) | (D) | (E) |