

Name: _____

Skeletal & Muscular Systems Quiz

Directions: Read each of the following questions and select the best answer.

1. The picture to the right highlights which of the following muscles?

- a. Hamstring
- b. Triceps
- c. Obliques
- d. Deltoid



2. Contracting a muscle means that you are:

- a. Lengthening it
- b. Shortening it
- c. Twisting it
- d. Extending it



3. Which bone is highlighted in the picture to the right?

- a. Humerus
- b. Radius
- c. Tibia
- d. Femur

Multiple Choice Quiz Skeletal Muscular System

Ian C. Roddie, William F. M. Wallace

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Anatomy, Physiology, and Pathology, Third Edition Ruth Hull, 2023-12-19 A full color easy to understand introduction to anatomy physiology and pathology that is designed to provide a comprehensive understanding of the human body without overwhelming readers. Anatomy Physiology and Pathology is the ideal introduction on the topic for students of complementary and physical therapies. Designed for ease of learning both as an independent study resource and in the classroom this textbook is suitable for anyone requiring detailed knowledge of these subjects and has been adopted by colleges worldwide. Author and therapist Ruth Hull provides a thorough understanding of anatomy physiology and pathology with clear accessible language and helpful learning tools. It is designed for easy comprehension with more than 300 clearly labeled color images, flow charts, diagrams, and tables to help visualize complex ideas, study tips, practice questions in each chapter, and more. Chapters outline the following systems: Skin, hair, and nails; Skeletal, muscular, and nervous systems; Endocrine and respiratory systems; Cardiovascular, lymphatic, and immune systems; Digestive system; Urinary system; Reproductive system. This book also serves as an effective refresher for current healthcare and bodywork professionals.

Fundamentals of Children and Young People's Anatomy and Physiology Ian Peate, Elizabeth

Gormley-Fleming, 2025-07-21 Fundamentals of Children and Young People's Anatomy and Physiology THIRD EDITION The latest edition of an essential resource for nursing and healthcare students covering the anatomy and physiology of children and young people. Fundamentals of Children and Young People's Anatomy and Physiology 3rd Edition contains the critical knowledge associated with anatomy and physiology required to provide safe and effective care to children and young people. Emphasising the application of evidence based theory to practice this comprehensive yet accessible textbook helps nursing and healthcare students understand how children's anatomical and physiological systems influence disease processes and treatment options differently than in adults. This third edition includes an expanded focus on ethnic minority communities and representation of gender and LGBTQI issues to ensure a more inclusive understanding of diversity in the population. Readers will also find a collection of effective pedagogical tools designed to enhance learning including chapter specific learning objectives, clinical considerations, and self assessment questions. Practical discussions with a focus on access to care determinants of health and health inequalities. Detailed considerations of the mental health of children and young people and how it impacts their anatomy and physiology. This is the ideal book for nurses, nursing associates, healthcare assistants, and allied health professionals and those studying within those fields.

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Sandy Fritz, Luke Allen Fritz, 2023-09-11 Written by massage therapy experts Sandy Fritz and Luke Fritz this unique review resource uses a variety of methods to help you prepare for the MBLEx Massage and Bodywork Licensing Exam and the Board Certification in Therapeutic Massage and Bodywork (BCTMB). The comprehensive review features updated content and questions based on the most current exam blueprints. The practice exams are written in a five part process not just as sample

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