
Clinical Kinesiology and Anatomy Chapter 5 **questions with correct answers**

The more movable bone Answer ✓ ✓ insertion

The more stable bone Answer ✓ ✓ origin

origin is moving towards the insertion Answer ✓ ✓ reversal of muscle action

_____ kinetic chain exercises are based on the distal segment being fixed and the proximal end being moved. Example: Stand from sit Answer ✓ ✓ Closed.

the length of a muscle when it is unstimulated Answer ✓ ✓ normal resting length

the ability to respond to a stimulus Answer ✓ ✓ irritability

the muscle's ability to shorten or contract when it receives adequate stimulation.
Answer ✓ ✓ Contractility

the muscle's ability to stretch or lengthen when a force is applied. Answer ✓ ✓
Extensibility

the muscle's ability to recoil or return to normal resting length Answer ✓ ✓
Elasticity

_____ refers to the force built up within a muscle Answer ✓ ✓ Tension

Answers To Lab Manual Clinical Kinesiology

Lynn S. Minor, Mary Alice



Answers To Lab Manual Clinical Kinesiology:

Laboratory Manual for Clinical Kinesiology and Anatomy Mary Alice Minor, Christopher Towler, Lynn S. Lippert, 2022-09-26 Before during and after lab This hands on learning tool is the perfect complement to the 7th Edition of Clinical Kinesiology and Anatomy Divided into three sections it will help you to prepare for lab guide you through lab activities and serve as an after lab review that ensures you build a solid knowledge base of kinesiology Updated Enhanced Revised Content that reflects the most current information on the science that is the foundation of kinesiology Expanded More critical thinking type questions Follows the organization of Clinical Kinesiology and Anatomy 7th Edition chapter by chapter Explores the basic structure and function of the human body including joints ligaments nerves blood vessels bones and bony landmarks muscle origin and insertion Provides a simple and clear presentation of gait and posture Includes functional anatomy questions to help you understand where muscles are placed in the body and how they work together Offers photographs in the palpations sections to assist in locating muscles and landmarks Features an analysis of a functional task in the upper and lower extremity chapters to determine what movements are needed what muscles are working and the type of contractions the muscles are performing Each joint of an extremity is analyzed for the same functional task

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