Part 1 — Multiple Choice.  (Circle the BEST answer.)

1. Inversion and eversion movements occur about which joint?
   A. ankle   B. knee   C. subtalar   D. metatarsals

2. When there is no appreciable change in length of an active muscle, the action is said to be
   A. isotonic   B. isometric   C. concentric   D. eccentric

3. The leverage of a muscle about a joint is generally best when the joint is
   A. fully extended   B. in middle of range of motion   C. fully flexed   D. at any joint angle

4. The levator scapulae is most like which other muscle in terms of its action?
   A. pectoralis minor   B. rhomboids   C. supraspinatus   D. trapezius I

5. Examine the movements of the body shown below in Exercise 1.1.  As the barbell is being lifted during the upward movement, what action is occurring at the shoulder joint?
   A. flexion   B. extension   C. abduction   D. adduction

   [Diagram of Exercise 1.1]

6. Which muscle is absent on one or both sides of two-thirds of all people?
   A. psoas minor   B. palmaris longus   C. gemellus inferior   D. none of these

7. Which muscles would one expect to be exercised most by doing pull-ups (with forearms pronated)?
   A. biceps brachii, triceps brachii, trapezius   B. serratus anterior, posterior deltoid, pronator teres   C. anterior deltoid, pectoralis major, rhomboids   D. brachialis, teres major, pectoralis minor

8. Which muscle is most effective in protecting the knee from excessive anterior displacement of the tibia?
   A. hamstrings   B. quadriceps   C. piriformis   D. psoas