

ISSA Corrective Exercise Questions and Answers Graded A

How many bones are in the human body? ✓✓206

The rib cage is part of which skeleton? ✓✓Axial Skeleton

How many vertebrae within the vertebral column can move independently? ✓✓24

Movement between two adjacent vertebrae is made possible by what? ✓✓Facet Joints

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Wolffs law describes what? ✓✓The way bones can grow or shrink

New bone material is formed by what? ✓✓Osteoblasts

The strong connective tissue on the bottom of each foot is the: ✓✓Plantar Aponeurosis

During the lowering phase of a biceps curl, the elbow flexors are performing which type of muscle action? ✓✓Eccentric action

According to Thomas Myers, how many categories a fascial lines are in the human body?

✓✓Seven

What are two types of sensory feedback that fascia can provide? ✓✓Proprioception and pain

Which of the following is not a function of skeletal muscle? ✓✓Recruitment actions

An eccentric muscle action occurs when? ✓✓The pulling force of a muscle is less than the resistance force

The primary roles of skeletal muscle are to? ✓✓Contract and apply force to bones

From the anatomical position, muscles origin is the position? ✓✓Closest to the head

What is the largest muscle in the human body? ✓✓Gluteus maximus

Which of the following is closest to the estimated number of muscles in the human body?

✓✓650

Skeletal muscle is a contractile tissue responsible for? ✓✓Voluntary actions and reflex actions

Skeletal muscle attaches to bone through a? ✓✓Tendon

What is the primary connective tissue that forms a tendon? ✓✓Type 1 collagen

Each bundle of skeletal muscle fibers, covered by a perimysium, is called a? ✓✓Fascicle

During a biceps curl, the biceps brachii and brachialis muscle act as? ✓✓Synergists

What is the primary function of a Golgi Tendon Organ? ✓✓Detect changes in muscle tension

Which of the following is not a function required for the coordination of movement?

✓✓Motivation

What two types of cells make up the nervous system? ✓✓Neurons and Glia

What is the "transmitter" portion of a neuron that relays a signal? ✓✓Axon

What is the "integrator" part of a neuron that determines if there's enough information to create an action potential? ✓✓Cell Body

What is the name of the area, typically between two neurons or a neuron and gland, where electrical or chemical signals are transmitted? ✓✓Synapse

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Which division of the peripheral nervous system is responsible for producing voluntary movements? ✓✓Somatic Nervous System

What structural component of white matter gives it a whitish appearance? ✓✓Myelin

Where does the spinal cord end? ✓✓L1-L2