
NCSF Final Exam 1

What term represents the transfer of energy across joints to support voluntary movement?

- a. neuromuscular facilitation
- b. systematic transfer
- c. kinetic chain
- d. isotonic acceleration - answer Kinetic Chain

The posterior pelvic tilt seen in this picture, is commonly seen in bilateral leg exercises a result of tight _____.

- a. quadriceps
- b. glutes
- c. quadratus lumborum
- d. hip flexors - answer lutes

Ankle dorsi flexion is caused by _____.

- a. a concentric contraction of the anterior tibialis
- b. an isometric contraction of the soleus
- c. an eccentric contraction of the biceps femoris
- d. a concentric contraction of the gastrocnemius - answer A concentric contraction of the anterior tibialis

When performing biceps and triceps exercises, what joint action should occur at the shoulder?

- a. no joint movement
- b. flexion
- c. abduction
- d. extension - answer No joint movement

What exercise is used to cause elevation of the shoulder complex (scapulae and humerus)?

- a. pull-up
- b. military press
- c. barbell shrug
- d. seated row - answer Barbell shrug

What is the natural curvature of the thoracic spine?

- a. lordotic curve
- b. lateral curve
- c. kyphotic curve
- d. medial curve - answer Kyphotic curve

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