

# Human Final

1- head - neck is considered:-

- a- class 1 lever
- b- class 2 lever
- c- class 3 lever
- d- class 4 lever

2- Fingers are classified as :-

- a- sensory system
- b- effector system
- c- (a and b)
- d- support system

3- what provide smooth movement for joints:-

- a- Collagen fibers
- b- ligaments
- c- tendons
- d- All the above

4- Disks occupies 35% of spinal length :-

- a- True
- b- False

5- the range of movement allowed by the joint is influenced by :-

- a- The shape of articulation surfaces
- b- The distribution of the muscles and ligaments
- c- Muscle bulk
- d- All the above

6- the factors that increases the chance of charley horse to happen :-

- a- working the muscles too much
- b- sleeping in high temperature
- c- stretching too much
- d- All the above

7- Muscles are positioned in opposing pairs so that the contraction of one muscle causes movement in one direction, and contraction of the other muscle causes movement in the same direction :-

- a- true
- b- False

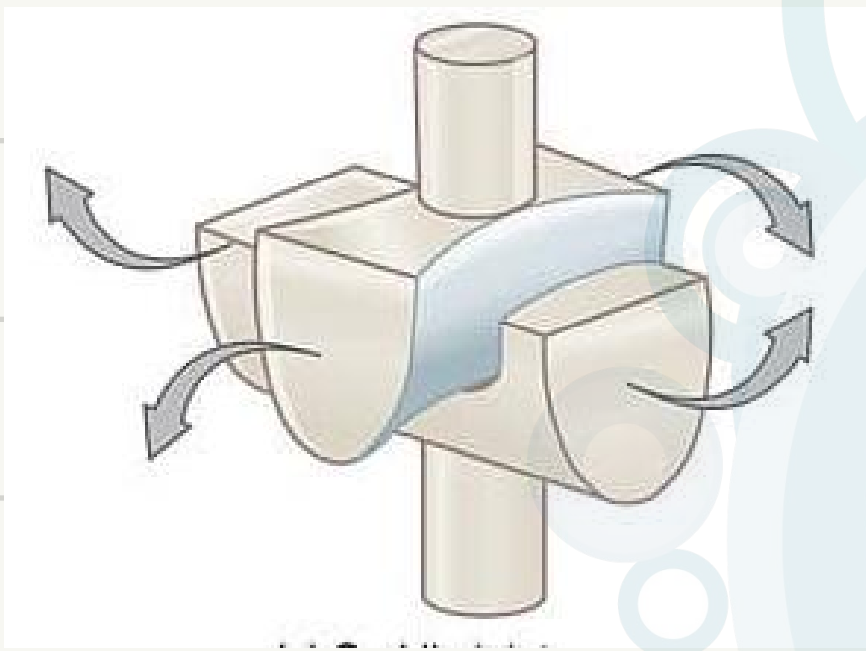
8- Bones of the spine increase in size from top to bottom, corresponding to an increase in carry capacity for lower bones :-

a- True

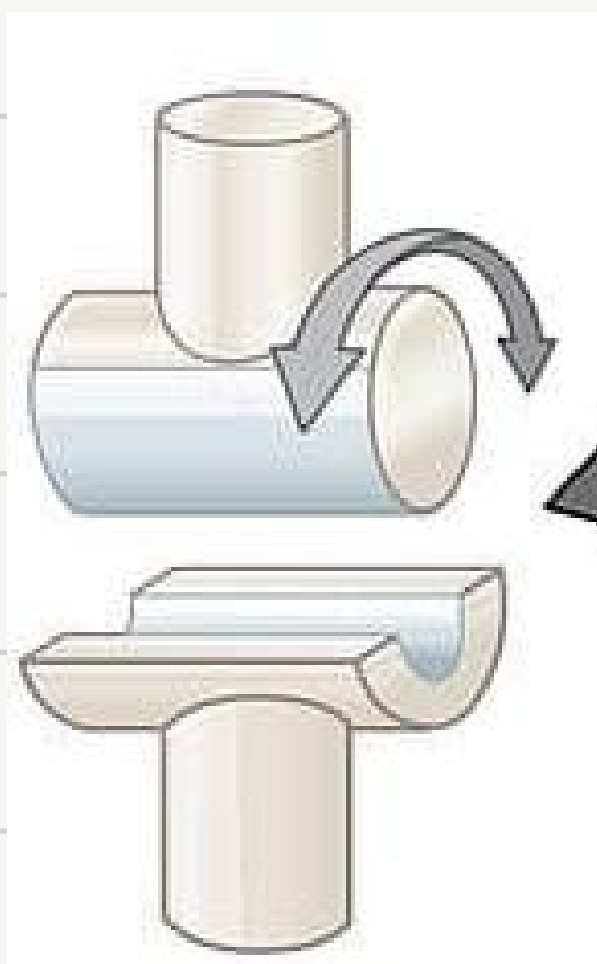
b- False

Q2 :- tell the name of the joint and the location of it :-

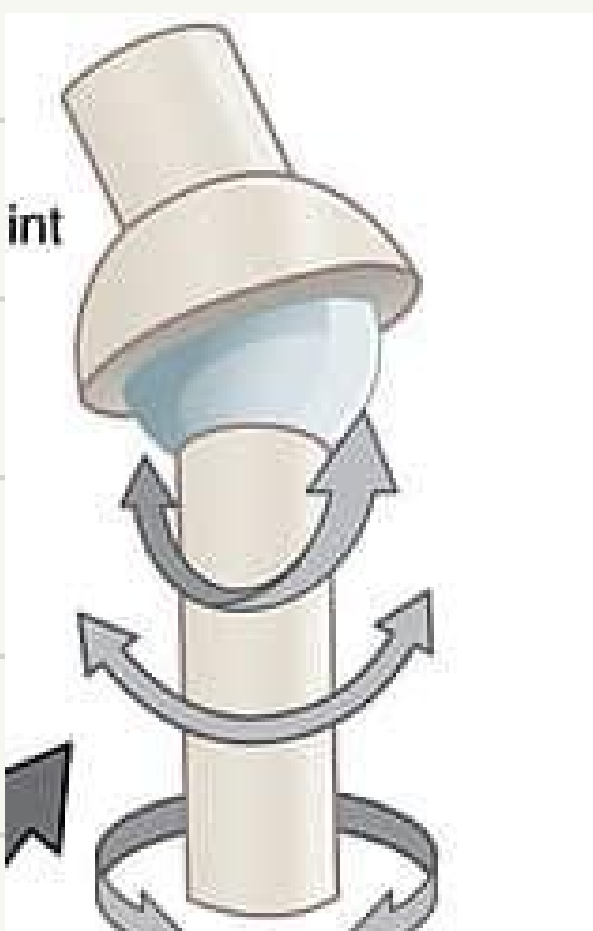
1-



2-



3-



Q3:- classify these improvement options as carrying, lifting or both :-

- 1- store heavier or bulkier containers so that they can be handled within your power zone.
- 2- remove or lower the sides of the receptacle.
- 3- get co-worker assist when necessary.
- 4- pad the shoulder, support the container with one shoulder and alternate between shoulders.

Q4: Explain the role of oxygen in muscles

# Answers

Q1 :-

- 1- a
- 2- c
- 3- d
- 4- b
- 5- d
- 6- a
- 7- b
- 8- a

Q2 :-

- 1- Saddle joint , base of the thumb
- 2- Hinge joint , elbow , knee and the ends of fingers
- 3- ball and socket , hip and shoulder

Q3 :-

- 1- lifting
- 2- lifting
- 3- Both
- 4- Carrying