

Anatomy Quiz – Pilates Movement Studio

If you have never taken a certification course, you must submit the following quiz with your course application before you will be permitted to enroll in a certification course at Pilates Movement Studio.

You may, of course, look up the answers as you're taking the quiz, but the purpose of the quiz is to help us (and you) determine whether your knowledge of anatomy is comprehensive enough to ensure your success in the certification program. You will need to know all the information covered in the quiz to successfully complete the course curriculum. We will discuss your quiz results with you prior to your enrollment in the certification program.

If the quiz indicates that you need to learn more about anatomy, we will recommend that you take Functional Anatomy, which is a prerequisite for the IMP and IR courses.

Foundations of Anatomy Test

1. Shoulder movement in the coronal plane is called:
 - a. Flexion
 - b. Abduction
 - c. External rotation
 - d. Circumduction
 - e. I do not know

2. If a client is lying supine with his/her forearm pronated, he/she is:
 - a. Lying face down with palms facing up
 - b. Lying face up with palms facing down
 - c. Lying face down with palms facing down
 - d. Lying face up with palms facing up
 - e. I do not know

3. The abdominal muscles include:
 - a. Rectus abdominus, internal oblique, external oblique, transversus abdominus
 - b. Rectus femoris, obturator internus, obturator externus, transverso spinalis
 - c. Internal oblique, abdominal aponeurosis, quadratus femoris, external interossei
 - d. Erector spinae, internal and external obliques, quadratus plantae
 - e. I do not know

4. The origin of the Psoas Major is:
 - a. Iliac crest
 - b. T12-L5 vertebral bodies and transverse processes
 - c. Lesser trochanter
 - d. L3-S2 spinous processes
 - e. I do not know

5. The hip flexors include:
 - a. Gluteus maximus, gluteus medius, tensor fascia lata
 - b. Iliopsoas, rectus femoris, sartorius
 - c. Rectus femoris, rectus abdominus, pectinius
 - d. Vastus medialis, vastus lateralis, rectus femoris
 - e. I do not know

6. The bony landmarks of the pelvis include:
 - a. ASIS, pubis, ischial tuberosities
 - b. ASIS, PSIS, lesser trochanter
 - c. ASIS, AIIS, APIS
 - d. Iliac crest, pubic tubercle, PPIS
 - e. I do not know

7. During an eccentric contraction of a muscle:
 - a. The muscle length does not change
 - b. The muscle is elongating and it is relaxing
 - c. The muscle gets shorter and is generating tension
 - d. The muscle gets longer and is generating tension
 - e. I do not know

8. Knee flexion is created by:
 - a. Biceps femoris, sartorius, semilateralis
 - b. Semimembranosus, semitendinosis, gastrocnemius
 - c. Popliteus, hamstrings, soleus
 - d. Semitendinosis, rectus femoris, iliotibial band
 - e. I do not know

9. The muscles of the rotator cuff include:
 - a. Subscapularis, supraspinatus, and teres minor
 - b. Infraspinatus, biceps brachi, teres major
 - c. Rectus scapularis, supraglenoidaris, subscapularis
 - d. Teres minor, teres major, teres tertius
 - e. I do not know

10. The lumbar spine has:
- a. Seven vertebrae which form a lordotic curve
 - b. Five vertebrae which form a lordotic curve
 - c. Six vertebrae which form a kyphotic curve
 - d. Seven vertebrae which form a straight line
 - e. I do not know
11. A person with an increased thoracic kyphosis:
- a. Has a straight spine
 - b. Has a stiff spine
 - c. Has a sway back
 - d. Has an increased rounding of the upper back
 - e. I do not know
12. The humerus:
- a. Is a long bone of the leg
 - b. Articulates with the metacarpals
 - c. Is a long bone of the arm
 - d. Articulates with the femur
 - e. I do not know
13. Shoulder abduction is created by:
- a. Abductor digiti minimi and abductor longus
 - b. Supraspinatus and deltoid
 - c. Posterior deltoid and triceps long head
 - d. Trapezius and teres major
 - e. I do not know
14. Left thoracic rotation is created by the:
- a. Left transversus abdominis, transversospinalis and rotators
 - b. Left internal oblique, left external oblique and rectus abdominis
 - c. Left external oblique and right internal oblique
 - d. Left internal oblique and right external oblique
 - e. I do not know
15. Adduction of the hip:
- a. Is created by gluteus minimus and sartorius
 - b. Means bringing the leg towards the midline of the body
 - c. Is prevented by stretch of the iliotibial band
 - d. Requires anterior rotation of the pelvis
 - e. I do not know

Name _____ **Phone Number** _____