



**YOGAFX REVIEW ASSESSMENT**  
(45 minutes to complete)

STUDENT NAME :

NO	ANATOMY & PLANES OF MOVEMENT SERIES ASSESSMENT QUESTIONS			
1	How many anatomical planes there are?			
	a. 3	b. 4	c. 5	d. 6
2	A plane of movement where flexion and extension takes place is?			
	a. Sagittal	b. Elongated	c. Coronal	d. Transverse
3	Due to a large amount of time spent on forward flexion, hip and chest become tired, and therefore very weak. Which one of the following does <b>NOT</b> become weak?			
	a. Weak Lower Back	b. Weak Abdominal	c. Weak Joint	d. Weak Hamstring
4	Which of the following is a possible joint action on the frontal plane?			
	a. Pronation	b. Flexion	c. Supination	d. Abduction
5	A plane of movement where Turning & Twisting takes place is?			
	a. Sagittal	b. Elongated	c. Coronal	d. Transverse
6	A plane of movement where abduction & adduction takes place is?			
	a. Sagittal	b. Elongated	c. Coronal	d. Transverse
7	Classical Sun Salutation is brilliantly designed to?			
	a. Prevent Injuries	b. Warm Up	c. Cool Down	d. None
8	The lateral or the coronal plane, is also known as?			
	a. Frontal Plane	b. Medial Plane	c. Dorsal Plane	d. Superior Plane
9	Which of the following is not the pose for flexing obliques?			
	a. Parsvakonasana	b. Ardha chandrasana	c. Virabhadrasana II	d. Shavasana
10	The Side Angle Pose is usually known as?			
	a. Parsvakonasana	b. Ardha chandrasana	c. Virabhadrasana II	d. Shavasana