



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

STUDENT NAME :

NO	THE MUSCULAR SYSTEM SERIES ASSESSMENT QUESTIONS						
1	The muscular system muscle tissue is categorize into						
a.	2 Distinct Types	b.	3 Distinct Types	c.	4 Distinct Types	d.	5 Distinct Types
2	Which of the following is <b>NOT</b> included in muscular system muscle tissue categorize?						
a.	Skeletal	b.	Smooth	c.	Cardiac	d.	Hard
3	Skeletal muscles are voluntary muscles under the control of?						
a.	Peripheral nervous system	b.	Central nervous system	c.	Somatic nervous system	d.	None of the above
4	4. How many skeletal muscles are there in human body?						
a.	Over 600	b.	650	c.	Less than 600	d.	Over 650
5	Which of the following muscles contracts <b>without</b> voluntary control?						
a.	Cradiac muscle	b.	Smooth muscle	c.	Skeletal muscle	d.	Hard muscle
6	Myocardium is responsible for?						
a.	Move bones	b.	Changes shape to facilitate bodily function	c.	Heart-pumping action	d.	Help in mantaining posture and balance
7	This contraction occurs when a muscle shortens under tension?						
a.	Isometric	b.	Eccentric	c.	Concentric	d.	Ballistic
8	Which of the following is <b>NOT</b> a type of muscle contraction? 1. Concentric 2. Eccentric 3. Isometric 4. Egoentric 5. Ecoentric						
a.	1,3	b.	1,2	c.	4,3	d.	4,5
9	Which contraction occurs when a muscle slows the movement in the opposite direction to another force?						
a.	Concentric Contraction	b.	Eccentric Contraction	c.	Isometric Contraction	d.	Ecoentric contraction
10	Which of the following movement does <b>NOT</b> demonstrates isometric contraction?						

	a.	Plank hold	b.	Sitting on the stairs	c.	Wall sit	d.	Bridge hold
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