



YOGAFX REVIEW ASSESSMENT
(45 minutes to complete)

STUDENT NAME :

NO	THE SEKELETAL SYSTEM PART 2 SERIES ASSESSMENT QUESTIONS			
1	How many bones are in the appendicular skeleton?			
	a. 125	b. 126	c. 127	d. 128
2	Each arm in the human body contains ____ bones?			
	a. 28	b. 29	c. 30	d. 32
3	The humerus is the long bone in the upper arm it is located between the elbow joint and the shoulder. At the elbow, it connects primarily to the?			
	a. Carpal	b. Radius	c. Metacarpal	d. Ulna
4	The humerus is one of the _____ in the body			
	a. Longest bones	b. Heaviest	c. Shortest	d. Lightest
5	The term carpus is derived from the Latin carpus and the Greek word means?			
	a. Palm	b. Wrist	c. 4 Parts	d. Finger
6	How many phalanges are in human each hand?			
	a. Less than 13	b. 13	c. 14	d. 15
7	A transfer of body weight from the upper axial skeletal to the lower appendicular components of the skeleton during movement is the main function of?			
	a. Femur	b. Tibia	c. Fibula	d. Pelvic Girdle
8	Which of the following is the top portion of each bone?			
	a. Ilium	b. Ischium	c. Pubis	d. None of them
9	The human femur can resist forces of _____ to _____ pounds			
	a. 1,500 to 1,800	b. 1,800 to 2,200	c. 1,800 to 2,500	d. 2,000 to 2,500
10	Which of the following is NOT one of the 3 parts of the tibia?			
	a. Proximal	b. Sagittal	c. Shaft	d. Distal