

ESSENTRICS® ACADEMY

ESSENTRICS TRAINING SERIES EVALUATION PACKAGE LEVEL III FLEXIBILITY & THERAPEUTIC EXERCISES MULTIPLE CHOICE

CIRCLE THE LETTER THAT BEST ANSWERS EACH QUESTION.

1. What is myosin?

- a. An amino mineral that muscles are made of
- b. A protein filament that muscles are made of
- c. A carbohydrate filament that muscles are made of
- d. Biological currency of energy

2. What is actin?

- a. A protein necessary for digestion
- b. A protein filament that muscles are made of
- c. A protein building block of bones
- d. A digestive enzyme

3. What is the stretch reflex?

- a. It is a neuromuscular reaction forcing the tendon to relax
- b. It is a neuromuscular reaction that allows the muscle to stretch
- c. It is a neuromuscular reaction forcing the muscles to increase their flexibility
- d. It is a muscle contraction in response to stretching within the muscle

4. Everyone has the same muscle to tendon ratio.

- a. True
- b. False

5. What is the Golgi tendon reflex?

- a. It is a neuromuscular reaction forcing the tendon to contract
- b. It is a neuromuscular reaction forcing the muscles to relax
- c. It is a neuromuscular reaction forcing the tendon to relax
- d. It is a neuromuscular reaction in response to stretching

6. PNF stands for which of the following?

- a. Proprioactive Neuromuscular Formation
- b. Proprioceptive Neuromuscular Facilitation
- c. Proprioactive Nuclearmuscular Fission
- d. Proactive Nuclear Fascination

7. How do you do a single directional stretch?

- a. Stabilize one joint and pull against it
- b. Stabilize both tendons and relax the muscles
- c. Stabilize two joints and pull against them
- d. Do the splits

8. How do you do a two directional stretch?

- a. Pull the muscle in one direction and the adjoining joint in the opposite direction
- b. Pull the limb in one direction and the adjoining tendon in the opposite direction
- c. Pull the joint in one direction and the adjoining tendon in the opposite direction
- d. Pulling the muscle in one direction and allow the adjoining joint to follow that direction

9. Going to the end of a stretch means which of the following?

- a. Pulling the muscles to their limits
- b. Going through the reflexes until the myosin and actin cannot slide any further
- c. Going through the reflexes until the tendons fully relax
- d. Stop stretching as soon as soon as you feel a resistance

10. Muscle tendon ratio refers to which of the following?

- a. The number of tendons different muscles have
- b. The tendon width in relationship to the muscle
- c. The tendons ability to lengthen
- d. The length of the muscle in relationship to the tendon

11. What is the sliding filament theory?

- a. It is a theory that athletes use to increase their flexibility
- b. It is a theory of how myosin and actin proteins move
- c. It is an explanation of how nerve filament slide as they send signals to the muscles
- d. None of the above

12. Dynamic stretching is used during trademark sequences.

- a. True
- b. False

13. Passive stretching is used during trademark sequences.

- a. True
- b. False

14. If a client cannot raise their arms above their head with clean alignment, they should not lift their arms at all.

- a. True
- b. False

15. Which figure is the closest to the number of muscles in the body?

- a. 360
- b. 800
- c. 420
- d. 650

16. Which figure is the closest to the number of bones in the body?

- a. 800
- b. 200
- c. 400
- d. 600

17. Which muscle(s) crosses only one joint:

- a. Triceps
- b. Gracilis
- c. Soleus
- d. All of the above

18. Which of the muscles below cross two joints?

- a. Triceps
- b. Biceps Femoris
- c. Rectus Femoris
- d. All of the above

19. How many vertebrae are in a spine?

- a. 33
- b. 36
- c. 31
- d. 28

20. Which of the following statements best describes scoliosis?

- a. A sagittal imbalance and degenerative deformity found only in small children
- b. A sagittal imbalance and degenerative deformity found only in pubescent adolescents
- c. An S shaped curvature of the spine
- d. Inflammation of the tendon

21. Which of the following statements best describes osteoporosis?

- a. A disintegration of the bone matrix
- b. A deformation of the upper back and spine
- c. Degeneration of muscle tissue
- d. An autoimmune disease causing inflammation of the joints

22. If the pectorals are tight it can be difficult for someone to raise their arms above their head with their elbows in line with their ears while keeping their spine vertical/straight.

- a. True
- b. False

23. Which of the following statements best describes postural kyphosis?

- a. Hunchback curvature of the upper back
- b. An S shaped curvature of the spine
- c. A sagittal imbalance and degenerative deformity of the cervical spine
- d. Sinking in the low back

24. Which of the following statements best describes osteoarthritis?

- a. A degenerative joint disease that causes bone loss or fractures
- b. A swelling and disfiguration of the joints caused by trauma
- c. An autoimmune joint disease
- d. A degenerative joint disease

25. Which of the following statements best describes rheumatoid arthritis?

- a. An autoimmune disease that attacks the muscle tissues
- b. A disease of bone grinding on bone caused by a lifetime of wear and tear
- c. An autoimmune disease causing inflammation of the joints
- d. None of the above

26. Which of the following statements describes frozen shoulder?

- a. Extreme pain in the shoulder
- b. The inability to move the shoulder without pain
- c. The inability to raise the arm above shoulder height
- d. All of the above

27. Back pain is often caused by which of these?

- a. Tight Hamstrings
- b. Tight Lower back
- c. Muscular Imbalances
- d. All of the above

28. As you lower in a Plie the quadriceps shortens concentrically.

- a. True
- b. False

29. Tight psoas or hip flexors are known to cause low back pain.

- a. True
- b. False

30. The cause of fibromyalgia is currently unknown.

- a. True
- b. False

31. Sciatica may be made worse by straightening the knee.

- a. True
- b. False

32. The hip blast sequence uses the technique PNF.

- a. True
- b. False

33. Which of the following exercises do not use lever stretches?

- a. Baby Stretch
- b. Side lunge, holding wrist
- c. Windmills
- d. Airplane, holding the foot

34. Why do muscles atrophy?

- a. Aging
- b. Cell death related to lack of use
- c. Playing sports
- d. Smoking

35. Stage three atrophy is reversible with correct exercise.

- a. True
- b. False

36. Which of the following pieces of equipment is never used in Essentrics:

- a. Towels
- b. Thera Bands
- c. Chair
- d. Ankle weights

37. Why does scar tissue inhibit movement?

- a. It binds the muscle fibres preventing the natural chain of movement to flow through the filaments
- b. It binds the tendons preventing the natural chain of movement to flow through the filaments
- c. It binds the fascia preventing the natural chain of movement to flow through the bursa
- d. It makes the muscles loose and flexible

38. Where are meniscus tears found?

- a. Shoulder
- b. Knee
- c. Hip
- d. Finger

39. Which of the following describes Tendinitis?

- a. Inflammation of the tendon often caused by overuse
- b. Inflammation of the tendon caused by tearing from the bone
- c. Inflammation of the tendon caused by an immune disorder
- d. Inflammation of the tendon caused by the tendon contracting

40. What is fascia?

- a. Connective tissue
- b. Muscle tissue
- c. Protein filaments
- d. Tendons

41. What is a vertebra?

- a. Connective tissue
- b. Bone
- c. Ligaments
- d. Fascia

42. What is the role of the cervical spine?

- a. Supports the head
- b. Supports the ovaries
- c. Supports the lungs
- d. Protects the organs

43. Where is the synovial fluid found?

- a. Joints
- b. Pancreas
- c. Organs
- d. None of the above

44. What would you recommend to a client who suffers from lower back pain?

- a. To stabilize their spine and not move until the pain goes away
- b. Gently move the spine in every direction, without moving into a place where there's pain
- c. Do forward and back flexion repeatedly, trying to work through the pain
- d. All of the above

45. What causes gout?

- a. Gout is caused by deposition of amino acids in the joint, causing inflammation
- b. Gout is caused by deposition of uric acid crystals in the joint, causing inflammation
- c. Gout is caused by alcoholism and smoking
- d. Gout is caused by osteoporosis