Getting Functional CEU Quiz

1. Which part of the stance phase of gait is described as when the weight is rapidly transferred onto the outstretched limb and the first period of double-limb support?
   A. Initial contact
   B. Loading response
   C. Midstance
   D. Terminal stance

2. Single limb support includes which two phases of gait.
   A. Loading response and terminal stance
   B. Initial contact and pre-swing
   C. Midstance and terminal stance
   D. Initial contact and midstance

3. Cadence is equivalent to
   A. Steps divided by time
   B. Distance divided by time
   C. Steps divided by distance
   D. Gait velocity

4. Excessive knee flexion during single limb support may include all of the following EXCEPT:
   A. Weak quadriceps
   B. Decreased dorsiflexion
   C. Short limb on opposite side
   D. Painful knee joint

5. The stance phase during running gait makes up approximately ______ of the running gait cycle.
   A. 60 -70%
   B. 50%
   C. 25%
   D. 30-40%

6. During the loading response of gait, the hip is in a position of____________.
   A. Ten degrees of extension
   B. Twenty degrees of flexion
   C. Thirty-five degrees of flexion
   D. Neutral

7. During midstance, this muscle is working eccentrically to control anterior translation of the tibia.
   A. Soleus
   B. Peroneal longus
   C. Hamstring
D. Anterior tibialis

8. The maximal amount of dorsiflexion needed for normal running gait is:
A. Five degrees
B. Ten degrees
C. Twenty degrees
D. Thirty degrees

9. In the terminal stance phase of walking gait the:
A. Knee is in extension.
B. Ankle is in neutral.
C. Hip is in internal rotation.
D. The posterior tibialis muscle is working eccentrically.

10. A limb symmetry index of _____ is ideal for discharge parameters.
A. 60 - 65%
B. 70 - 75%
C. 95 -100%
D. 85 - 90%

11. Closed-chain pronation includes
A. calcaneal inversion, talar dorsiflexion and abduction
B. calcaneal eversion, abduction, dorsiflexion
C. calcaneal eversion, talar plantarflexion and adduction
D. calcaneal inversion, adduction, plantarflexion

12. In closed kinetic chain motion, the patellofemoral joint force
A. Is equivalent to open chain knee extension
B. Decreases as the knee moves from flexion to extension
C. Is equivalent to 1/3 body weight during walking
D. Is higher during stair climbing than in deep squatting

13. The most common error seen while performing a squat is:
   a) foot spread too far apart
   b) maintenance of a neutral spine
   c) bending at the knee
   d) Medial drift of the knee

14. During a correctly performed lunge ____% of your body weight should be distributed on the front foot.
   a) 80-90 %
   b) 10-20%
   c) 50-60%
   d) 30-40%
15. Abnormalities seen during a lunge include all EXPECT:
   a) Stride too long
   b) stride too short
   c) upper torso vertical
   d) toes pointing straight ahead

16. An angled approach during kicking is more desired because:
   a) less distance is involved than with a straight approach
   b) the body is better balanced
   c) greater force is produced due to the rotation of the body
   d) it is more accurate if you are less skilled

17. Abnormalities occurring during pivoting include all of the following except:
   a) hip swivel
   b) over striding
   c) first step with incorrect foot
   d) foot dorsiflexed and replaced directly under the hip

18. Identify the incorrect statement below regarding squats:
   a) stance is with feet slightly wider than vertical jump position
   b) forward round thoracic spine during mid-movement
   c) weight is centered over heels while slowly lower to point where thigh are parallel to floor
   d) First motion should be to stick bottom back or bow forward

19. One reason, as stated by the presenter, for abnormalities seen during a squat is:
   a) weakness in the anterior tibialis muscle
   b) poor utilization of the abdominal muscles
   c) imbalance of the quadriceps & hamstring muscles
   d) maintaining a neutral spine

20. With mobilization of the muscle and soft tissue techniques you need to consider:
   a) muscle length during the treatment
   b) palpation
   c) time of the treatment
   d) all of the above

21. According to the presenter, while initially assessing soft tissue restriction:
   a) oscillitations can be used by grabbing and shaking the heel to assess fluid motion
   b) restrictions will present as limited movement
   c) soft tissue should have a springy end feel
   d) all of the above are correct

22. In reference to the iliotibial band:
   a) most athletic trainers feel it is very difficult to stretch
   b) soft tissue mobilization can assist with the muscle play of this tissue
c) foam rollers are a good alternative device to assist with stretching  
d) all of the above are correct

23. A key component when performing a mobility screening exam, as discussed in lab, is:  
a) Hips should be kept forward  
b) Look for symmetry  
c) An athletic position is not important  
d) Postural alignment is a secondary concern

24. The triple extension position involves:  
a) Planter flexion, inversion and pronation  
b) Movement of the hips, gluteal and hamstring muscles  
c) Movement at the hips, knees, and ankles  
d) Dorsiflexion, eversion, and supination

25. A verbal cue identified with all the jumping activities is:  
a) Drive out from the “down” position  
b) You need large, deep jumps  
c) Land solid and soft  
d) Both a and c are correct