Final Exam Study Topics

# I. Chapters 1 and 2

1. Skeleton (figure 1.4, page 8)—Know the names, locations, divisions, and numbers of bones
2. Joint movement terminology (table 1.6, page 18)—Know the names and definitions of the basic (not specialized) joint movements.  
   Joint movement terminology and associated planes (figures 1.12-1.14, pages 19-21)—Know the joint movements in these figures and the planes in which they occur.
3. Muscles (figures 8.1 and 8.2, pages 318 and 319)—Be able to identify the muscles in these figures.

# II. Chapters 3 to 7

(Specific requirements will be clarified in the class review.)  
For the spine, hip, knee, ankle–foot, and shoulder, know the following:

1. Bones and bony landmarks that articulate to form joints
2. Technical names of joints (where learned), types of joints, and ligaments   
   (For chapter 6, know only the joint types, landmarks, and ligaments for the ankle and subtalar joints; for chapter 7, know only the joint types, landmarks, and ligaments for the shoulder joint and not the specific actions of scapular muscles.)
3. Key alignments and key mechanics of joints and regions
4. Key muscle names and actions (delineated on Final Exam Study Sheet: Key Muscles and Selected Key Actions)
5. The name of the strength exercises and stretches from appropriate tables in chapters 3-7 for the following muscle groups:
6. Spinal flexors, extensors (tables 3.4 and 3.5, pages 91-92 and page 95)
7. Hip flexors, extensors, abductors, adductors, external rotators (tables 4.3 and 4.5, pages 139-140 and page 145)
8. Knee flexors, extensors (tables 5.3 and 5.5, page 185 and page 187)
9. Ankle–foot plantar flexors, dorsiflexors; foot invertors (strength exercise only), foot evertors (strength exercise only) (tables 6.5 and 6.6, page 234 and page 237)
10. Shoulder flexors, extensors, abductors (strength exercises only), adductors (strength exercise only), external rotators (strength exercise only); elbow flexors (strength exercise only), extensors (strength exercise only) (tables 7.6 and 7.8, pages 280-281 and page 285)
11. No injuries and no special considerations for dancers are required for any chapter.

# III. Movement Analysis

1. Summary of Fundamental Movements of Major Joints and the Primary Muscles That Can Produce Them (table 8.1, page 320)—Be able to provide primary muscles for all of the joint movements listed in this table.
2. Be able to perform a movement analysis for the following movements:
3. Curl-up (table 3.3, page 88)
4. Side leg raise (parallel) (table 4.4, page 141)
5. Parallel first-position jump (table 6.4, page 233)
6. Double-shoulder external rotation (table 7.7, page 283, shoulder only)
7. Joint alignment or technique problems and their corrections (table 8.2, pages 324-327)—Know the names of the muscle group(s) that should be strengthened or stretched and sample exercises (as listed in table 8.2, pages 324-327) for the following:
8. Excessive lumbar lordosis
9. Kyphosis
10. Posterior pelvic tilt
11. Inability to achieve or maintain full hip external rotation (losing turnout)
12. Knee hyperextension
13. Excessive pronation (rolling in)
14. Excessive supination (rolling out)
15. Rolled shoulders
16. Excessive scapular elevation