

# Introduction to Kinesiology

Kinesiology · Practice Test · 8 Questions

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## 1. What is the primary focus of kinesiology?

- A) Study of bones
- B) Study of muscles
- C) Study of movement
- D) Study of diseases

## 2. The word "kinesiology" originates from which languages?

- A) Latin and Greek
- B) French and English
- C) Greek and Latin
- D) German and Italian

## 3. What does the Greek root "kinesis" mean?

- A) To rest
- B) To stop
- C) To move
- D) To heal

## 4. What does the Greek root "logy" mean?

- A) Body
- B) Mind
- C) Study
- D) Disease

## 5. A sound understanding of kinesiology is crucial for what?

- A) Developing new medicines
- B) Understanding high disorders
- C) Rational evaluation and precise diagnosis
- D) Improving athletic performance

## 6. What type of disorders does kinesiology help to diagnose and treat effectively?

- A) Cardiovascular disorders
- B) Neurological disorders
- C) Musculoskeletal disorders
- D) Respiratory disorders

**7. Precise diagnosis and effective treatment are hallmarks of what?**

- A) Poor understanding of movement
- B) High disorders
- C) Rational evaluation
- D) A sound understanding of kinesiology

**8. Who is credited with this lecture on Kinesiology?**

- A) Dr. Smith
- B) Prof. Jones
- C) M.Se. Maryam Alaa Aldulbunin
- D) Lecturer X