

KINESIOLOGY GAIT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. How do age-related changes appear in normative gait parameters?**
 - A. Slower gait speed, shorter step length, increased double support, wider step width, decreased symmetry.
 - B. Faster gait speed, longer step length, decreased double support.
 - C. Unchanged gait characteristics with aging.
 - D. Narrower step width and decreased double support.
- 2. What event marks the start of the pre-swing subphase in stance?**
 - A. Toe-off marks the start of pre-swing.
 - B. Heel strike marks the start of pre-swing.
 - C. Midstance marks the start of pre-swing.
 - D. Initial contact marks the start of pre-swing.
- 3. Rocker mechanisms during stance are designed to primarily:**
 - A. Conserve energy during stance
 - B. Increase energy expenditure during stance
 - C. Limit ankle motion
 - D. Prevent heel rise
- 4. Which set of terms constitutes the swing periods?**
 - A. Preswing, Initial Swing, Mid Swing, Terminal Swing
 - B. Preswing, Initial Swing, Terminal Stand, Mid Swing
 - C. Initial Swing, Mid Swing, Terminal Swing, Pre-Swing
 - D. Preswing, Mid Swing, Terminal Swing, Initial Swing
- 5. What percentage of gait is loading response?**
 - A. 10-30%
 - B. 0-10%
 - C. 30-50%
 - D. 50-70%
- 6. Two functional units of gait?**
 - A. Upper body and lower limb units
 - B. Energy and momentum units
 - C. Core and appendage units
 - D. Passenger and locomotor

- 7. List the sequence of events in the stance phase from heel strike to toe-off.**
- A. Heel strike, midstance, loading response, pre-swing, toe-off.
 - B. Initial contact toe-off midstance loading response.
 - C. Heel strike, loading response, midstance, terminal stance, pre-swing.
 - D. Heel strike (initial contact) loading response midstance terminal stance pre-swing (toe-off).
- 8. Which of the following is NOT a determinant of gait?**
- A. Pelvic rotation
 - B. Knee flexion at stance phase
 - C. Lateral pelvic displacement
 - D. Arm swing
- 9. In midstance, knee extension occurs with what level of muscle activity?**
- A. Concentric knee extensors
 - B. Isometric knee contraction
 - C. No muscle
 - D. Eccentric knee flexors
- 10. Which rocker describes the phase in which the tibia moves forward over the ankle?**
- A. Heel rocker
 - B. Ankle rocker
 - C. Forefoot rocker
 - D. Midfoot rocker

Answers

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1. A
2. A
3. A
4. A
5. B
6. D
7. D
8. D
9. C
10. B

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Explanations

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1. How do age-related changes appear in normative gait parameters?

- A. Slower gait speed, shorter step length, increased double support, wider step width, decreased symmetry.**
- B. Faster gait speed, longer step length, decreased double support.
- C. Unchanged gait characteristics with aging.
- D. Narrower step width and decreased double support.

As people age, gait tends to become slower and more cautious, reflecting changes in strength, balance, and sensory function. Normative aging gait typically shows slower gait speed, shorter step length, longer periods where both feet are on the ground (increased double support), a wider base of support (step width), and reduced symmetry. This combination helps maintain stability even though it often means the overall gait pattern is less efficient. The option describing these specific changes aligns with what's commonly observed in older adults. In contrast, faster gait speed, unchanged gait characteristics, or a narrower step width with decreased double support do not fit typical aging patterns, which emphasize stability and safety over speed.

2. What event marks the start of the pre-swing subphase in stance?

- A. Toe-off marks the start of pre-swing.**
- B. Heel strike marks the start of pre-swing.
- C. Midstance marks the start of pre-swing.
- D. Initial contact marks the start of pre-swing.

The event that starts pre-swing is toe-off. This moment marks the transition from stance to the forward swing of the leg: as the toes push off the ground, the foot leaves contact and the limb begins to move into swing. During this brief interval, weight shifts to the opposite limb, the knee and ankle work to position the leg for swing, and propulsion from the plantarflexors helps propel the leg forward for the upcoming phase.

3. Rocker mechanisms during stance are designed to primarily:

- A. Conserve energy during stance**
- B. Increase energy expenditure during stance
- C. Limit ankle motion
- D. Prevent heel rise

Rocker mechanisms during stance are about making forward progression over the foot energy-efficient. By allowing the body to roll over the foot instead of forcing large, continuous ankle movements, the system reduces the muscular work needed to advance the tibia and propel the body. The heel rocker starts the rollover at contact, easing initial tibial forward motion with less ankle torque. The ankle rocker continues that smooth progression through midstance, and the forefoot rocker at the end of stance provides a favorable lever for push-off. This coordinated rolling action minimizes active muscle demand, lowering the energy cost of walking. So, the main goal is to conserve energy during stance. The ideas of limiting ankle motion, preventing heel rise, or increasing energy expenditure don't reflect the primary function of rockers in normal gait.

4. Which set of terms constitutes the swing periods?

- A. Preswing, Initial Swing, Mid Swing, Terminal Swing
- B. Preswing, Initial Swing, Terminal Stand, Mid Swing
- C. Initial Swing, Mid Swing, Terminal Swing, Pre-Swing
- D. Preswing, Mid Swing, Terminal Swing, Initial Swing

The swing periods are the consecutive stages of leg movement from toe-off to the next heel strike, and this set lays out that sequence as preswing, initial swing, mid swing, and terminal swing. Preswing marks the transition into forward leg movement, initial swing is the early part of swinging the foot through the air, mid swing covers the mid-portion of the forward arc, and terminal swing finishes the swing as the leg decelerates and prepares for contact. This ordering and these four subphases together define the entire swing phase, which is why this grouping is the best match. The other sets mix in terms that belong to other parts of the gait cycle or disrupt the known progression, so they don't fit as the swing periods.

5. What percentage of gait is loading response?

- A. 10-30%
- B. 0-10%
- C. 30-50%
- D. 50-70%

Loading response is the initial weight-acceptance portion of the stance phase right after the foot makes contact. It occupies about 0–10% of the gait cycle, the first slice of stance in which the body begins to transfer weight onto the limb and absorb shock. Functionally, the knee flexes slightly and the ankle lowers the heel into plantarflexion, with the foot pronating to adapt to the ground while the muscles control the rate of loading. This brief window sets up stability for the subsequent phases of stance (midstance and terminal stance) and is shorter than those later portions. That's why 0–10% is the correct range for loading response.

6. Two functional units of gait?

- A. Upper body and lower limb units
- B. Energy and momentum units
- C. Core and appendage units
- D. Passenger and locomotor

In gait analysis, movement is viewed as two functional roles: one part of the body works to move you forward, while the other part is carried along as the body progresses. The locomotor unit encompasses the legs, pelvis, and their muscles that generate propulsion and swing the limb forward. The passenger unit consists of the trunk, head, and arms, which are carried along and need to remain stable and aligned to minimize energy expense and maintain balance. This separation exactly captures how walking is organized: the locomotor unit does the pushing and stepping, and the passenger unit is transported with minimal active propulsion. That's why the pairing of passenger and locomotor best fits the concept. The other groupings don't reflect this functional division in walking—their terms describe general body regions or separate physical quantities rather than the active vs. carried roles that define gait.

7. List the sequence of events in the stance phase from heel strike to toe-off.

- A. Heel strike, midstance, loading response, pre-swing, toe-off.
- B. Initial contact toe-off midstance loading response.
- C. Heel strike, loading response, midstance, terminal stance, pre-swing.
- D. Heel strike (initial contact) loading response midstance terminal stance pre-swing (toe-off).**

From heel strike to toe-off, the stance phase unfolds through a clear sequence of subphases: initial contact (heel strike), loading response, midstance, terminal stance, and pre-swing. Toe-off is the end of pre-swing, signaling the start of the swing phase. This order reflects how the limb accepts load, progresses over the foot, and then prepares to propel the body forward. The correct sequence mirrors this progression and ends with toe-off, making it the best choice. Other options disrupt the established order, either placing a stage out of sequence, moving toe-off too early, or ending at pre-swing without naming the final toe-off.

8. Which of the following is NOT a determinant of gait?

- A. Pelvic rotation
- B. Knee flexion at stance phase
- C. Lateral pelvic displacement
- D. Arm swing**

Arm swing is not a determinant of gait. Determinants are motions that help minimize the vertical movement (and thus the energy cost) of the body's center of gravity during walking. Pelvic rotation and pelvic tilt, knee flexion during stance, and lateral pelvic displacement are the classic adjustments the body uses to smooth the COM's path and reduce vertical excursion. Arm swing accompanies gait and aids balance and overall energy efficiency, but it does not directly reduce the vertical displacement of the center of gravity, so it's not considered a determinant.

9. In midstance, knee extension occurs with what level of muscle activity?

- A. Concentric knee extensors
- B. Isometric knee contraction
- C. No muscle**
- D. Eccentric knee flexors

During midstance the leg is supporting the body's weight with the knee near full extension. This position is held mainly by passive structures in the knee and the forward momentum of the body, so the knee does not require active muscle contraction to stay extended. In other words, the knee extensors don't need to fire to straighten the knee, and the knee flexors aren't actively lengthening to control motion. That's why there is essentially no muscle activity at the knee in this portion of the gait cycle. Earlier in stance you may see quadriceps activity to control knee flexion after heel strike, but by midstance that activity drops off.

10. Which rocker describes the phase in which the tibia moves forward over the ankle?

- A. Heel rocker
- B. Ankle rocker**
- C. Forefoot rocker
- D. Midfoot rocker

In gait, rockers describe which part of the foot acts as the pivot as the body moves over the stance leg. The phase where the tibia moves forward over the ankle joint is the ankle rocker. This occurs during midstance, as the body progresses over a relatively stable foot and the ankle dorsiflexes while the plantarflexors control the forward progression. The heel has already finished acting as the fulcrum earlier, and the pivot shifts to the ankle itself. For contrast, the heel rocker uses the heel as the pivot right after heel strike; the forefoot rocker uses the forefoot (metatarsal heads) as the pivot during late stance and push-off; and the midfoot rocker involves the midfoot region serving as the pivot in other loading scenarios.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://kinesiologygait.examzify.com>

We wish you the very best on your exam journey. You've got this!

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