

# MBLEx Kinesiology Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. Which type of joint has the greatest range of movement?**
  - A. Pivot**
  - B. Ball-and-socket**
  - C. Saddle**
  - D. Ellipsoidal**
  
- 2. What does reciprocal motion refer to?**
  - A. Alternating motions in opposing directions.**
  - B. The well-being of the client.**
  - C. Alternating motions in the same direction.**
  - D. Movement that involves grasping of the thumb and fingers.**
  
- 3. What is the primary action of the triceps brachii?**
  - A. Wrist flexion**
  - B. Elbow extension**
  - C. Shoulder abduction**
  - D. Forearm supination**
  
- 4. What is the process by which muscles generate force?**
  - A. Muscle relaxation**
  - B. Muscle contraction**
  - C. Muscle extension**
  - D. Muscle hypertrophy**
  
- 5. What is the primary energy system used during high-intensity, short-duration exercises?**
  - A. The glycolytic system**
  - B. The oxidative system**
  - C. The phosphagen system**
  - D. The anaerobic system**
  
- 6. What does the term 'diagonal abduction' describe in arm movements?**
  - A. Moving the arm towards the midline**
  - B. Moving the arm away and upward from the midline**
  - C. Rotating the arm inward**
  - D. Holding the arm stationary**

- 7. What type of joint is the shoulder joint classified as?**
- A. Hinge joint**
  - B. Pivot joint**
  - C. Ball-and-socket joint**
  - D. Ellipsoid joint**
- 8. Which joint is primarily involved in hip flexion?**
- A. The knee joint**
  - B. The shoulder joint**
  - C. The hip joint**
  - D. The ankle joint**
- 9. Which of the following factors primarily affects the range of motion in joints?**
- A. Environmental temperature**
  - B. Joint structure**
  - C. Blood circulation**
  - D. Nervous system activity**
- 10. What characteristic distinguishes cardiac muscle from other muscle types?**
- A. It is striated and voluntary**
  - B. It is non-striated and involuntary**
  - C. It is striated and involuntary**
  - D. It is smooth and voluntary**

## **Answers**

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

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## **Explanations**

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## 1. Which type of joint has the greatest range of movement?

- A. Pivot
- B. Ball-and-socket**
- C. Saddle
- D. Ellipsoidal

The type of joint that offers the greatest range of movement is the ball-and-socket joint. This joint structure allows for rotational movement as well as movements in multiple planes, including flexion, extension, adduction, abduction, and circumduction. The design of a ball-and-socket joint consists of a rounded end of one bone fitting into a cup-like socket of another bone. This unique arrangement enables the bones to move freely in almost every direction, making it highly versatile and capable of accommodating various physical activities. Examples of ball-and-socket joints in the human body include the hip joint and the shoulder joint, both of which enable extensive mobility and a wide array of movements essential for daily activities and sports performance. Other joint types, while functional, do not provide the same level of movement flexibility; for instance, pivot joints allow only rotation, saddle joints permit limited gliding and angular movements, and ellipsoidal joints enable movement in two planes but are also restricted compared to ball-and-socket joints.

## 2. What does reciprocal motion refer to?

- A. Alternating motions in opposing directions.**
- B. The well-being of the client.
- C. Alternating motions in the same direction.
- D. Movement that involves grasping of the thumb and fingers.

Reciprocal motion refers to alternating motions in opposing directions, which is essential in various physical activities and therapeutic practices. This concept can be observed in movements like walking, where one leg moves forward while the other leg moves backward in a coordinated manner. Understanding reciprocal motion is crucial for practitioners as it helps in analyzing how muscles work together and how different body parts interact during movement. This is particularly relevant in kinesiology, as it relates to how forces are applied and how motion is produced in the body, ensuring efficiency and proper biomechanics during physical activities. This foundational knowledge can aid in developing effective treatment plans and rehabilitation protocols for clients.

### 3. What is the primary action of the triceps brachii?

- A. Wrist flexion
- B. Elbow extension**
- C. Shoulder abduction
- D. Forearm supination

The primary action of the triceps brachii is elbow extension. The triceps brachii is a large muscle located on the back of the upper arm, consisting of three heads: the long head, lateral head, and medial head. When the muscle contracts, it pulls on the olecranon process of the ulna, resulting in the straightening of the elbow joint. This action is fundamental to many movements, such as pushing or throwing, and is crucial for any activity where the arms need to extend. Understanding this action is vital for various practical applications, including rehabilitation and strength training, as well as for ensuring proper techniques in sports and everyday activities. The function of the triceps is also essential for balance and stability in upper body movements, indicating its importance in overall arm mechanics.

### 4. What is the process by which muscles generate force?

- A. Muscle relaxation
- B. Muscle contraction**
- C. Muscle extension
- D. Muscle hypertrophy

Muscle contraction is the correct process by which muscles generate force. During contraction, muscle fibers shorten or change in length, resulting in tension that can produce movement or maintain posture. This process is initiated by electrical signals from the nervous system, which stimulate the muscle cells. The primary mechanism that allows this is the interaction between the actin and myosin filaments within the muscle fibers, leading to the sliding filament theory of muscle contraction. Muscle relaxation, on the other hand, refers to the process in which muscle fibers return to their resting state, reducing tension and force generation. Muscle extension describes the lengthening of a muscle, which does not contribute to force generation. Lastly, muscle hypertrophy is the increase in muscle size due to an increase in the cross-sectional area of the muscle fibers, often as a result of consistent resistance training; however, it does not directly refer to the process of generating force. In summary, the generation of force in muscles is fundamentally a result of muscle contraction.

**5. What is the primary energy system used during high-intensity, short-duration exercises?**

- A. The glycolytic system**
- B. The oxidative system**
- C. The phosphagen system**
- D. The anaerobic system**

The primary energy system employed during high-intensity, short-duration exercises is the phosphagen system, also known as the ATP-CP system. This energy system is crucial for activities that require immediate bursts of energy lasting approximately 10 seconds or less, such as sprinting, heavy lifting, or high-intensity interval training. It utilizes stored adenosine triphosphate (ATP) and creatine phosphate (CP) in the muscles to quickly regenerate ATP, allowing for rapid energy production without the need for oxygen. During such intense movements, the body favors this system because it can respond almost instantaneously to energy demands, providing the necessary power without the lag time associated with other energy systems. While glycolytic and oxidative systems also play a role in overall energy metabolism, they are more suited for longer durations or less intense activities, which require the breakdown of glucose or fat to produce ATP. Understanding this concept is vital for designing training programs that align with specific performance goals.

**6. What does the term 'diagonal abduction' describe in arm movements?**

- A. Moving the arm towards the midline**
- B. Moving the arm away and upward from the midline**
- C. Rotating the arm inward**
- D. Holding the arm stationary**

Diagonal abduction refers to the movement of the arm away from the midline of the body while simultaneously elevating it. This action typically involves a combination of abduction and upward rotation of the arm, resulting in a diagonal pathway as the arm moves. For example, when reaching up and to the side to perform a gesture or to grab an object located diagonally above head height, the arm moves in a manner that aligns with the definition of diagonal abduction. This motion is common in various activities such as throwing or reaching in sports, where the arm moves through a plane that is not purely anterior-posterior or lateral, thus describing a more complex and dynamic form of movement.

**7. What type of joint is the shoulder joint classified as?**

- A. Hinge joint**
- B. Pivot joint**
- C. Ball-and-socket joint**
- D. Ellipsoid joint**

The shoulder joint is classified as a ball-and-socket joint due to its anatomical structure, which allows for a wide range of movement. In this type of joint, the rounded end of one bone (the humeral head) fits into a cuplike socket in another bone (the glenoid cavity of the scapula). This configuration enables multi-axial movement, allowing the arm to move in several planes, including flexion, extension, abduction, adduction, and rotation. This mobility is essential for various activities involving shoulder movement, making the ball-and-socket joint distinctive compared to other joint types, which have more restricted movements. The design of the shoulder joint is crucial for its functional versatility in human motion and manipulation.

**8. Which joint is primarily involved in hip flexion?**

- A. The knee joint**
- B. The shoulder joint**
- C. The hip joint**
- D. The ankle joint**

The hip joint is primarily involved in hip flexion because it is the main joint that facilitates the movement of bringing the thigh closer to the abdomen. This action is primarily performed by the iliopsoas muscle group, which is the most significant muscle group responsible for hip flexion. The hip joint is a ball-and-socket joint, allowing for a greater range of motion compared to other joints, which is essential for activities such as walking, running, or climbing stairs. In addition to the iliopsoas, other muscles, such as the rectus femoris and sartorius, also assist in this movement. The functional anatomy of the hip joint enables it to engage effectively in flexion movements, making it the central joint for this action in the lower body. Understanding the contribution of the hip joint to hip flexion is crucial for students of kinesiology, as it plays a vital role in many physical activities and rehabilitation contexts.

**9. Which of the following factors primarily affects the range of motion in joints?**

- A. Environmental temperature**
- B. Joint structure**
- C. Blood circulation**
- D. Nervous system activity**

Joint structure is a crucial determinant of the range of motion in joints because it encompasses the anatomical configuration and the relationship of bones, ligaments, and cartilage that make up the joint. Each type of joint (such as hinge, ball-and-socket, or pivot) inherently allows for different movements and degrees of motion. For example, ball-and-socket joints like the hip and shoulder provide a wide range of motion in multiple planes, while hinge joints like the knee allow for motion primarily in one direction. Variability in joint structure—such as the shape and depth of bony surfaces, the tightness of ligaments, and the integrity of articular cartilage—can significantly influence both passive and active range of motion. Moreover, factors like congenital conditions, injuries, arthritis, and previous surgeries can alter this structure and thus limit movement. Understanding the importance of joint structure helps in assessing and treating conditions related to mobility and flexibility in various therapeutic settings.

**10. What characteristic distinguishes cardiac muscle from other muscle types?**

- A. It is striated and voluntary**
- B. It is non-striated and involuntary**
- C. It is striated and involuntary**
- D. It is smooth and voluntary**

Cardiac muscle is uniquely characterized by being striated and involuntary. The term "striated" refers to the presence of alternating light and dark bands observed under a microscope, which is a feature it shares with skeletal muscle. However, unlike skeletal muscle, which is under voluntary control—meaning we consciously decide when to move our skeletal muscles—cardiac muscle operates involuntarily. This is crucial for maintaining the heart's continuous and rhythmic contractions, which are essential for pumping blood throughout the body without conscious effort. The involuntary nature of cardiac muscle allows it to function autonomously, regulated by the body's nervous and endocrine systems, ensuring that it responds appropriately to various physiological demands (like increased heart rate during exercise). This distinction highlights the essential role that cardiac muscle plays in overall bodily function, differentiating it from both skeletal muscle, which is striated and voluntary, and smooth muscle, which is non-striated and involuntary.

## 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](mailto:hello@examzify.com).**

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

**<https://mblexkinesiology.examzify.com>**

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

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