

MBLEX KINESIOLOGY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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. What type of movement does a ball-and-socket joint primarily allow?**
 - A. Flexion and extension
 - B. Abduction and adduction
 - C. Circumduction
 - D. All of the above
- 2. What joint movement occurs when the hand moves from a palm-up position to a palm-down position?**
 - A. Supination
 - B. Pronation
 - C. Saturation
 - D. Rotation
- 3. What joint contributes to the flexibility of the lower back?**
 - A. Hinge
 - B. Ball and socket
 - C. Gliding
 - D. Immovable
- 4. Which joint type allows for rotational movement?**
 - A. Saddle
 - B. Hinge
 - C. Pivot
 - D. Ball and socket
- 5. What is muscle hypertrophy?**
 - A. The increase in muscle flexibility
 - B. The increase in muscle strength
 - C. The increase in muscle size due to strength training
 - D. The reduction of muscle size due to atrophy
- 6. What method would be used to increase mobility at a joint?**
 - A. Massage
 - B. Friction
 - C. Passive
 - D. Range of motion

- 7. What movement does the term "plantarflexion" describe?**
- A. Turning the foot inward
 - B. Pointing the toes away from the body
 - C. Bending the foot upwards towards the shin
 - D. Spreading the toes apart
- 8. Which action is NOT a function of the latissimus dorsi muscle?**
- A. Extending the shoulder
 - B. Adducting the shoulder
 - C. Internally rotating the shoulder
 - D. Abducting the shoulder
- 9. What is the term for the movement that decreases the angle between the sole of the foot and the back of the leg?**
- A. Dorsiflexion
 - B. Plantar flexion
 - C. Protraction
 - D. Rotation
- 10. How does strength training affect muscle hypertrophy?**
- A. It has no effect on muscle size.
 - B. It decreases the size of muscle fibers.
 - C. It increases the size of muscle fibers.
 - D. It primarily affects muscle endurance.

Answers

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

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Explanations

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1. What type of movement does a ball-and-socket joint primarily allow?

- A. Flexion and extension
- B. Abduction and adduction
- C. Circumduction
- D. All of the above**

A ball-and-socket joint is characterized by its unique structure, which allows movement in multiple planes. This type of joint features a spherical head of one bone that fits into a cup-like socket of another bone, facilitating a wide range of motion. The primary movements allowed by ball-and-socket joints include flexion and extension, which are forward and backward movements, as well as abduction and adduction, which involve movement away from and towards the midline of the body, respectively. Additionally, circumduction is possible, permitting a circular movement that combines flexion, extension, abduction, and adduction. Due to this structural design, ball-and-socket joints, such as the shoulder and hip joints, can perform all of these movements and more. This versatility is what makes this joint type particularly effective for complex motions in various activities, reflecting its ability to accommodate a full range of motion in the limbs. Thus, the option indicating "all of the above" accurately represents the full scope of movement that can occur at a ball-and-socket joint.

2. What joint movement occurs when the hand moves from a palm-up position to a palm-down position?

- A. Supination
- B. Pronation**
- C. Saturation
- D. Rotation

The movement of the hand transitioning from a palm-up position to a palm-down position is known as pronation. In anatomical terms, when the forearm is in the supinated position (palm facing up), rotating it so that the palm faces downward involves pronation. This motion is primarily facilitated by the rotation of the radius around the ulna, resulting in the palm turning in the opposite direction. Understanding this movement is essential, as it relates to various functional activities, such as typing or using tools, where hand orientation impacts grip and function. In contrast, supination refers to the opposite movement, where the hand moves from palm-down to palm-up. Saturation does not pertain to a specific joint movement and is more associated with the degree of a solution's capability to dissolve a substance. Rotation is a broader term that might imply turning around an axis but does not specifically refer to the action of turning the palm from up to down. Therefore, pronation clearly defines the specific movement being described in the question.

3. What joint contributes to the flexibility of the lower back?

- A. Hinge
- B. Ball and socket
- C. Gliding**
- D. Immovable

The joint that contributes to the flexibility of the lower back is the gliding joint. In the context of the lower back, the gliding joints are found between the articular processes of the vertebrae in the spine. These joints allow for small movements and help facilitate the overall flexibility of the lumbar region. This flexibility is essential for a range of motions such as bending, twisting, and extending the torso, which are vital for daily activities and overall mobility. In contrast, hinge joints primarily allow for movement in one plane, similar to the way a door opens and closes, which limits the range of motion and does not contribute to the multi-directional flexibility needed in the lower back. Ball and socket joints provide a greater range of motion than hinge joints but are not the predominant type of joint in the lower back; they are more associated with the hip and shoulder joints. Immovable joints, also known as synarthroses, do not allow any movement and thus cannot contribute to flexibility in the lower back. Therefore, the gliding joints are essential for maintaining the flexibility necessary for proper back function and movement.

4. Which joint type allows for rotational movement?

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

The pivot joint is specifically designed to allow for rotational movement. This type of joint consists of a cylindrical bone that rotates within a ring formed by another bone and connective tissue. One prominent example of a pivot joint is found in the neck, where the first and second cervical vertebrae (the atlas and axis) allow for the head to rotate from side to side, enabling actions such as shaking one's head. In contrast, the other joint types mentioned do not primarily facilitate rotational motion. The saddle joint allows for flexion, extension, and some degree of rotation, but not to the extent of a pivot joint. The hinge joint permits movement primarily in one plane, allowing for flexion and extension, like the bending of the elbow or knee. The ball-and-socket joint does enable a wide range of movements, including rotation, but its primary characteristics involve multi-axial movement encompassing various directions rather than the singular rotational motion that defines the pivot joint.

5. What is muscle hypertrophy?

- A. The increase in muscle flexibility
- B. The increase in muscle strength
- C. The increase in muscle size due to strength training**
- D. The reduction of muscle size due to atrophy

Muscle hypertrophy refers to the increase in the size of muscle fibers as a result of strength training or resistance exercise. When muscles are subjected to stress, such as lifting weights, the muscle fibers experience small tears. In response, the body repairs these fibers, leading to an increase in their overall size and cross-sectional area. This process involves protein synthesis and can be influenced by various factors including nutrition, hormonal levels, and the type of training regimen. Over time, consistent strength training can significantly enhance muscle mass, contributing to overall physical strength and endurance. The other options address different concepts that do not define hypertrophy. For instance, muscle flexibility relates to the range of motion in a joint and is not directly linked to an increase in muscle size. An increase in muscle strength can occur with or without hypertrophy, as strength also depends on factors like neuromuscular adaptations. Lastly, muscle atrophy is characterized by a decrease in muscle size, often due to disuse or other health issues, which directly contrasts with the concept of hypertrophy.

6. What method would be used to increase mobility at a joint?

- A. Massage
- B. Friction
- C. Passive
- D. Range of motion**

The method that would be used to increase mobility at a joint is range of motion. This encompasses exercises designed to improve the flexibility and motion of a specific joint. Range of motion activities can involve various techniques such as active, passive, or assisted movements, all aimed at enhancing joint mobility. By performing range of motion exercises regularly, one can maintain or improve the elasticity of the tissues around the joint, promote synovial fluid circulation, and prevent stiffness. This method is widely utilized in rehabilitation settings, athletic training, and general physical therapy to help restore or enhance functional movement, making it a fundamental approach for joint mobility. Although massage, friction, and passive techniques can sometimes contribute to joint health and may provide benefits such as relaxation or reduction of tension, they do not specifically aim to increase the joint's range of motion in the same direct manner that targeted range of motion exercises do.

7. What movement does the term "plantarflexion" describe?

- A. Turning the foot inward
- B. Pointing the toes away from the body**
- C. Bending the foot upwards towards the shin
- D. Spreading the toes apart

Plantarflexion specifically refers to the movement of pointing the toes away from the body, which typically occurs at the ankle joint. This action primarily involves the movement of the foot downward, extending the toes and facilitating activities such as standing on tiptoes or pushing off during walking or running. Understanding the anatomical positioning and function is essential. The term itself is derived from the words "plantar," which relates to the sole of the foot, and "flexion," indicating the act of bending or reducing the angle at a joint. Therefore, when the toes point away from the body, the angle at the ankle increases, demonstrating plantarflexion effectively.

8. Which action is NOT a function of the latissimus dorsi muscle?

- A. Extending the shoulder
- B. Adducting the shoulder
- C. Internally rotating the shoulder
- D. Abducting the shoulder**

The latissimus dorsi muscle is primarily responsible for the actions of extending, adducting, and internally rotating the shoulder joint. Its anatomical position and alignment allow it to play significant roles in pulling movements and actions that require the arm to be moved closer to the body or pulled downwards along the side. When considering the action of abduction, which is the movement of the arm away from the body in the coronal plane, this does not align with the primary functions of the latissimus dorsi. Instead, muscles such as the deltoid and supraspinatus are primarily responsible for abducting the shoulder. Therefore, identifying abduction as not being a function of the latissimus dorsi is accurate, as this muscle is not involved in this particular action.

9. What is the term for the movement that decreases the angle between the sole of the foot and the back of the leg?

- A. Dorsiflexion
- B. Plantar flexion**
- C. Protraction
- D. Rotation

The movement that decreases the angle between the sole of the foot and the back of the leg is referred to as plantar flexion. This action occurs when you point your toes away from your body or stand on your tiptoes, bringing the foot downward relative to the leg. It is primarily executed by the gastrocnemius and soleus muscles located in the calf. In contrast, dorsiflexion is the opposite movement that involves raising the toes and foot toward the shin, increasing the angle between the foot and the leg. Protraction describes a movement where a body part moves forward, such as the shoulder blades moving away from the spine, and rotation involves moving a structure around its axis, such as turning your head or twisting your torso. These terms indicate different types of movements and are therefore not relevant in this context. Understanding the definitions of these terms is essential when discussing movements related to the musculoskeletal system.

10. How does strength training affect muscle hypertrophy?

- A. It has no effect on muscle size.
- B. It decreases the size of muscle fibers.
- C. It increases the size of muscle fibers.**
- D. It primarily affects muscle endurance.

Strength training leads to muscle hypertrophy, which is the increase in the size of muscle fibers. During strength training, the muscles undergo stress, causing small tears in the muscle fibers. The body repairs these fibers by fusing them, resulting in an increase in the size and number of myofibrils, which are the contractile elements of muscle tissues. This process not only strengthens the muscle but also leads to an overall increase in muscle cross-sectional area, which is what we refer to as hypertrophy. Additionally, strength training promotes the production of anabolic hormones like testosterone and growth hormone, which further facilitate muscle growth and recovery. This adaptation is essential for athletes and anyone engaged in resistance training, as larger muscle fibers can produce more force and contribute to improved athletic performance.

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:

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

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