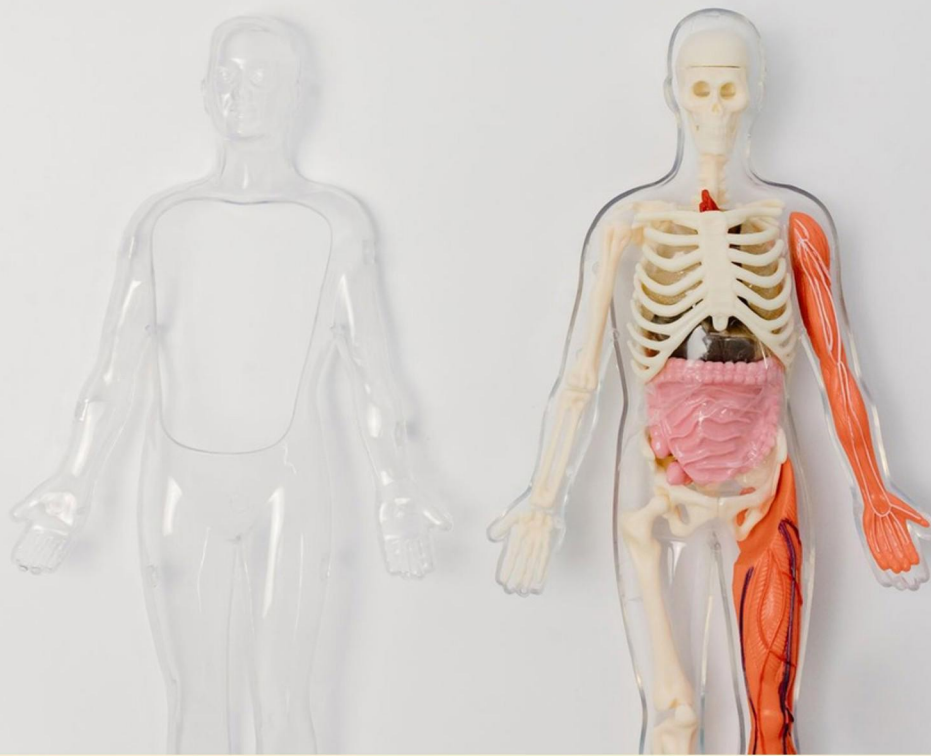


# STRUCTURAL KINESIOLOGY MODULE 1 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR  
THE FULL VERSION STUDY GUIDE**

<https://structuralkinesiologymod1.examzify.com>



**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

# Table of Contents

|                             |    |
|-----------------------------|----|
| Copyright .....             | 1  |
| Table of Contents .....     | 2  |
| Introduction .....          | 3  |
| How to Use This Guide ..... | 4  |
| Questions .....             | 5  |
| Answers .....               | 8  |
| Explanations .....          | 10 |
| Next Steps .....            | 15 |

SAMPLE

# 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

SAMPLE

**1. Which term describes the sole of the foot?**

- A. Dorsal
- B. Medial
- C. Lateral
- D. Plantar/Volar

**2. Which rotary movement is away from the midline of the body?**

- A. Internal Rotation
- B. External Rotation
- C. Circumduction
- D. Supination

**3. Which term describes the distance between the axis of rotation and the line of action of the external force?**

- A. External Moment Arm
- B. Lever Arm
- C. Moment Arm
- D. Torque Arm

**4. Which term describes the palm side of the hand?**

- A. Dorsal
- B. Anterior
- C. Posterior
- D. Palmar/Volar

**5. Rate of change of velocity is called what?**

- A. Velocity
- B. Acceleration
- C. Mass
- D. Displacement

- 6. Which property describes a muscle's ability to stretch beyond its normal resting length?**
- A. Elasticity
  - B. Extensibility
  - C. Contractility
  - D. Irritability/Excitability
- 7. Which law describes the relationship that the acceleration of a body is directly proportional to the net force acting on it and inversely proportional to its mass?**
- A. Law of Acceleration
  - B. Inertia
  - C. Velocity
  - D. Mass
- 8. Which rotary movement is toward the midline of the body?**
- A. Internal Rotation
  - B. External Rotation
  - C. Circumduction
  - D. Protraction
- 9. What is the point of rotation about which a lever moves?**
- A. Levers
  - B. Axis
  - C. Point of Force
  - D. Point of Resistance
- 10. Which term describes resistance to a change in the body's acceleration or disturbance of its equilibrium?**
- A. Stability
  - B. Center of Gravity
  - C. Momentum
  - D. Impulse

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

### 1. Which term describes the sole of the foot?

- A. Dorsal
- B. Medial
- C. Lateral
- D. Plantar/Volar**

*The surface that contacts the ground is the plantar surface, also called the volar surface. This is the bottom or sole of the foot. Dorsal describes the back or top of the foot, while medial and lateral describe positions toward or away from the midline of the body. Since the question asks for the term for the sole of the foot, plantar (or volar) is the correct term.*

### 2. Which rotary movement is away from the midline of the body?

- A. Internal Rotation
- B. External Rotation**
- C. Circumduction
- D. Supination

*Rotations around a joint are described by where the limb moves relative to the body's midline. If the limb turns so its moving part points away from the midline, that is external rotation. The movement described as away from the midline fits external rotation best. For example, rotating the thigh outward at the hip or turning the arm so the forearm rotates outward away from the body demonstrates external rotation. In contrast, internal rotation is toward the midline, circumduction is a circular path combining multiple movements, and supination is forearm rotation turning the palm upward, none of which specifically define moving away from the midline.*

### 3. Which term describes the distance between the axis of rotation and the line of action of the external force?

- A. External Moment Arm**
- B. Lever Arm
- C. Moment Arm
- D. Torque Arm

*The distance in question is the moment arm—the perpendicular distance from the axis of rotation to the line of action of the force. Because the force is described as external, the precise term is the external moment arm. This distance is what, when multiplied by the force, gives the torque produced about the axis. While lever arm and moment arm are often used interchangeably in a general sense, specifying “external” makes clear we’re talking about an external force relative to the body, distinguishing it from an internal (muscle) moment arm. Torque arm isn’t a standard term in this context.*

#### 4. Which term describes the palm side of the hand?

- A. Dorsal
- B. Anterior
- C. Posterior
- D. Palmar/Volar**

*This question is about surface terminology for the hand. The palm side is called the palmar surface, also referred to as the volar surface. Dorsal describes the back of the hand, while anterior and posterior are general front/back terms for the body as a whole. In the standard anatomical position, the palm faces forward, so that surface is the anterior aspect, but the specific term for the palm itself is palmar (or volar).*

#### 5. Rate of change of velocity is called what?

- A. Velocity
- B. Acceleration**
- C. Mass
- D. Displacement

*Acceleration is the rate at which velocity changes with time. Since velocity includes speed and direction, any change in either—speeding up, slowing down, or turning—constitutes acceleration. Positive acceleration means speeding up in the same direction as the motion; negative acceleration (deceleration) means slowing down or changing direction opposite to the motion. If velocity doesn't change, acceleration is zero. Mass and displacement aren't about how velocity changes: mass is a property of matter, and displacement is the straight line change in position. So acceleration is the correct term.*

#### 6. Which property describes a muscle's ability to stretch beyond its normal resting length?

- A. Elasticity
- B. Extensibility**
- C. Contractility
- D. Irritability/Excitability

*Extensibility describes a muscle's ability to stretch beyond its normal resting length. This capacity lets muscles lengthen to accommodate joint movements and passive stretching without damage, supporting a full range of motion. It differs from elasticity, which is the tendency to return to the original length after being stretched. Contractility is the ability to shorten actively when stimulated, and irritability/excitability is the muscle's response to a stimulus. Therefore, extensibility is the property that matches the description.*

**7. Which law describes the relationship that the acceleration of a body is directly proportional to the net force acting on it and inversely proportional to its mass?**

**A. Law of Acceleration**

B. Inertia

C. Velocity

D. Mass

*The main idea here is how force and mass determine acceleration. This is Newton's second law, which states that acceleration equals the net force acting on an object divided by its mass ( $a = F_{net}/m$ ). This means applying more force to the same mass increases acceleration, and increasing the mass for the same force decreases acceleration. It also ties to inertia—the resistance to changes in motion—since a larger mass resists speeding up more. The other terms describe related concepts but not the direct relationship: inertia is the resistance to motion change, velocity is how fast and in what direction you're moving, and mass is the amount of matter that influences inertia but isn't itself a description of how force and motion are related.*

**8. Which rotary movement is toward the midline of the body?**

**A. Internal Rotation**

B. External Rotation

C. Circumduction

D. Protraction

*Internal rotation is the rotary movement that turns a body part toward the midline of the body. When a limb rotates inward at a joint—such as the shoulder or hip—the front of the limb moves toward the centerline of the torso. A simple cue is that the part's anterior surface turns toward the body's midline. External rotation is the opposite, moving away from the midline. Circumduction involves tracing a circular path by combining multiple movements (flexion, extension, abduction, adduction) rather than a single inward toward-the-midline direction. Protraction is a straight-ahead sliding motion of a body part (like the shoulder blades moving forward) and is not a rotation toward or away from the midline.*

**9. What is the point of rotation about which a lever moves?**

A. Levers

**B. Axis**

C. Point of Force

D. Point of Resistance

*A lever moves by rotating around a fixed pivot point. That pivot is the axis, the center about which the bar swings. It stays in place while the lever turns, so force applied on one end causes rotation around this axis and moves the resistance on the other end. The axis acts like a hinge that defines the movement, while the points where force is applied and where the load acts are the input and the output parts of the lever, not the rotation point. In biomechanics, this pivot is also often referred to as the fulcrum, reinforcing that the axis is the center of rotation.*

**10. Which term describes resistance to a change in the body's acceleration or disturbance of its equilibrium?**

**A. Stability**

B. Center of Gravity

C. Momentum

D. Impulse

*Stability is the ability to resist changes in motion or disturbance of equilibrium. When you're upright, stability describes how well you maintain or return to a balanced position after a small push or perturbation, which depends on how your center of gravity sits over your base of support and your body's inertia. Momentum is the amount of motion a body has, not its resistance to being accelerated or disturbed, and impulse is the force needed to change that motion. The center of gravity is the point where weight acts, important for balance, but it isn't the resisting property itself.*

SAMPLE

## 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://structuralkinesiologymod1.examzify.com>

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

SAMPLE