

# Standard 6 Evaluation

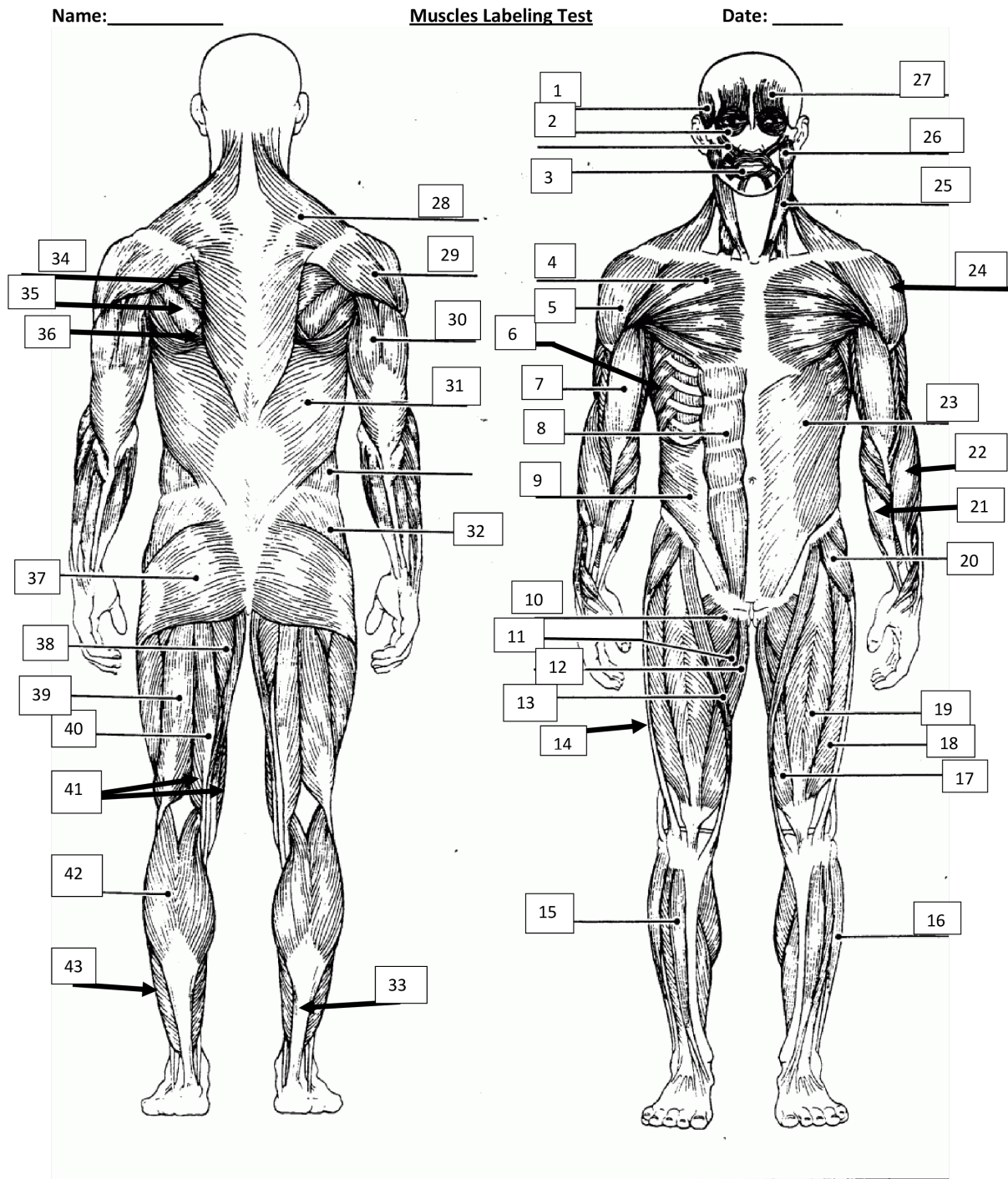
## Results

88.1%  
Score

11 / 1 point

37  
Out of 42 points

27:04  
Time for this attempt



What is number 24?

✓ medial deltoid

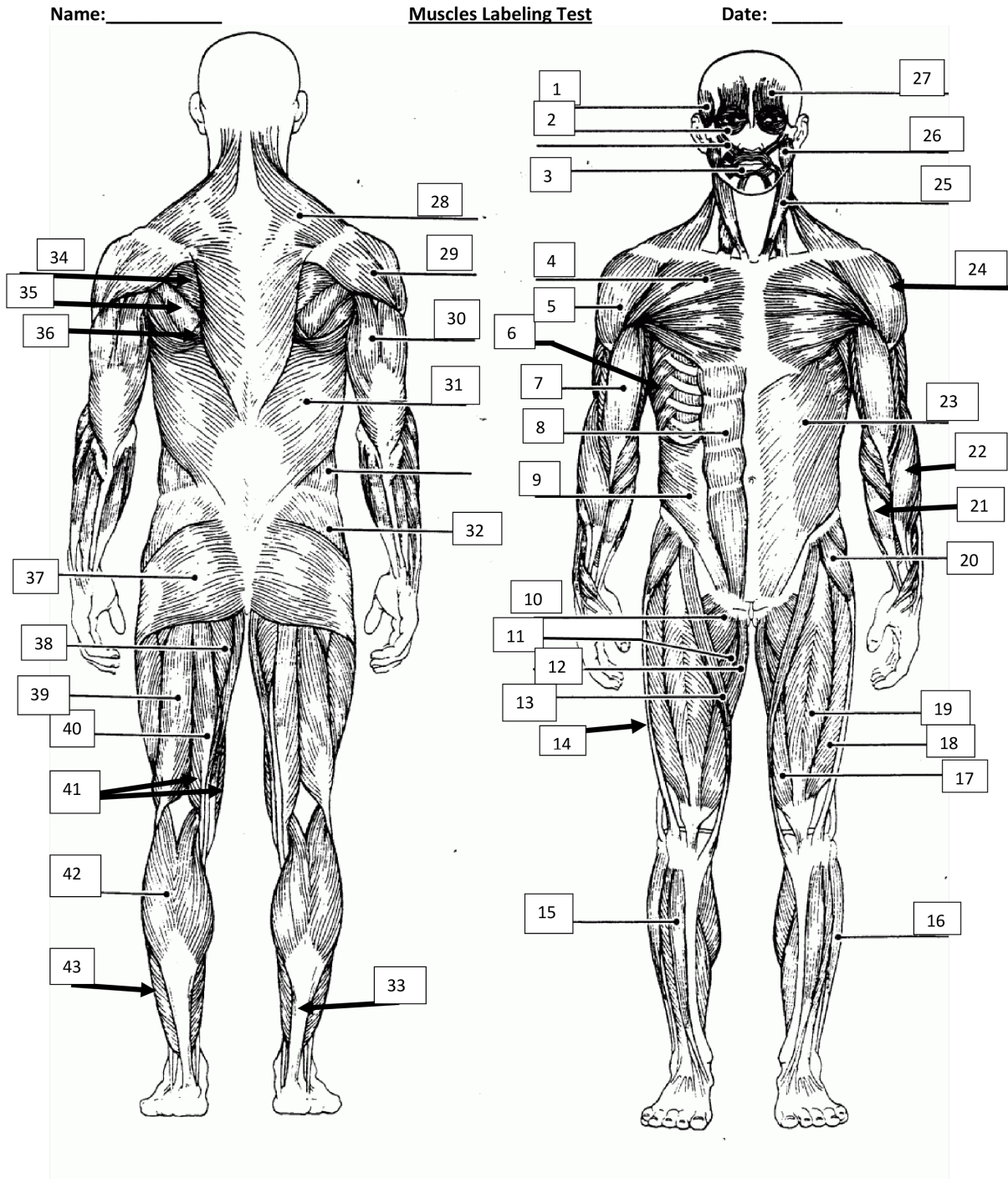


Regrade

1

◇ / 1 point

20 / 1 point



What is number 35?

✗ teres minor

Correct Answer: teres major

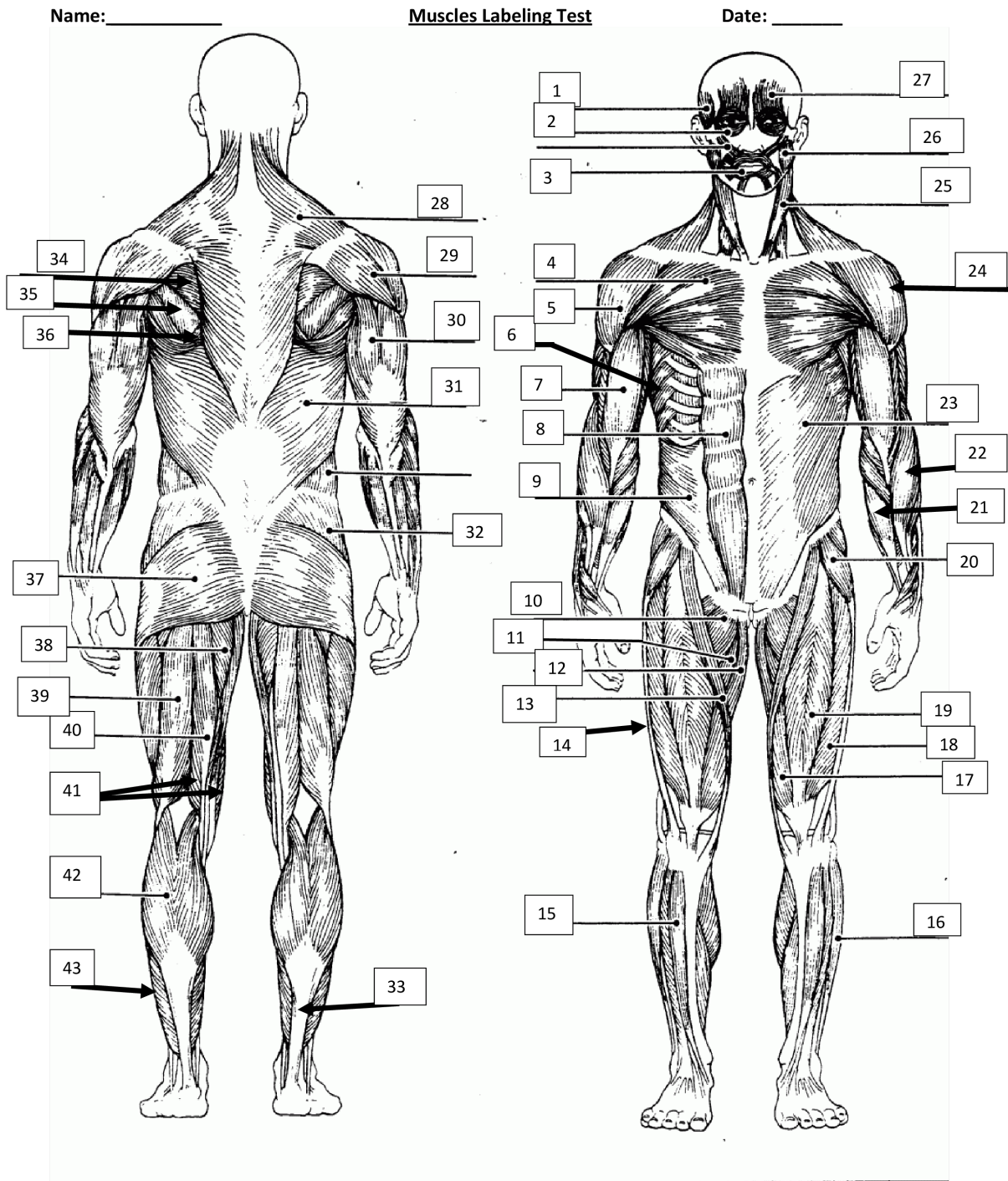


Regrade

0

/ 1 point

31 / 1 point



What is number 5?

✓ anterior deltoid

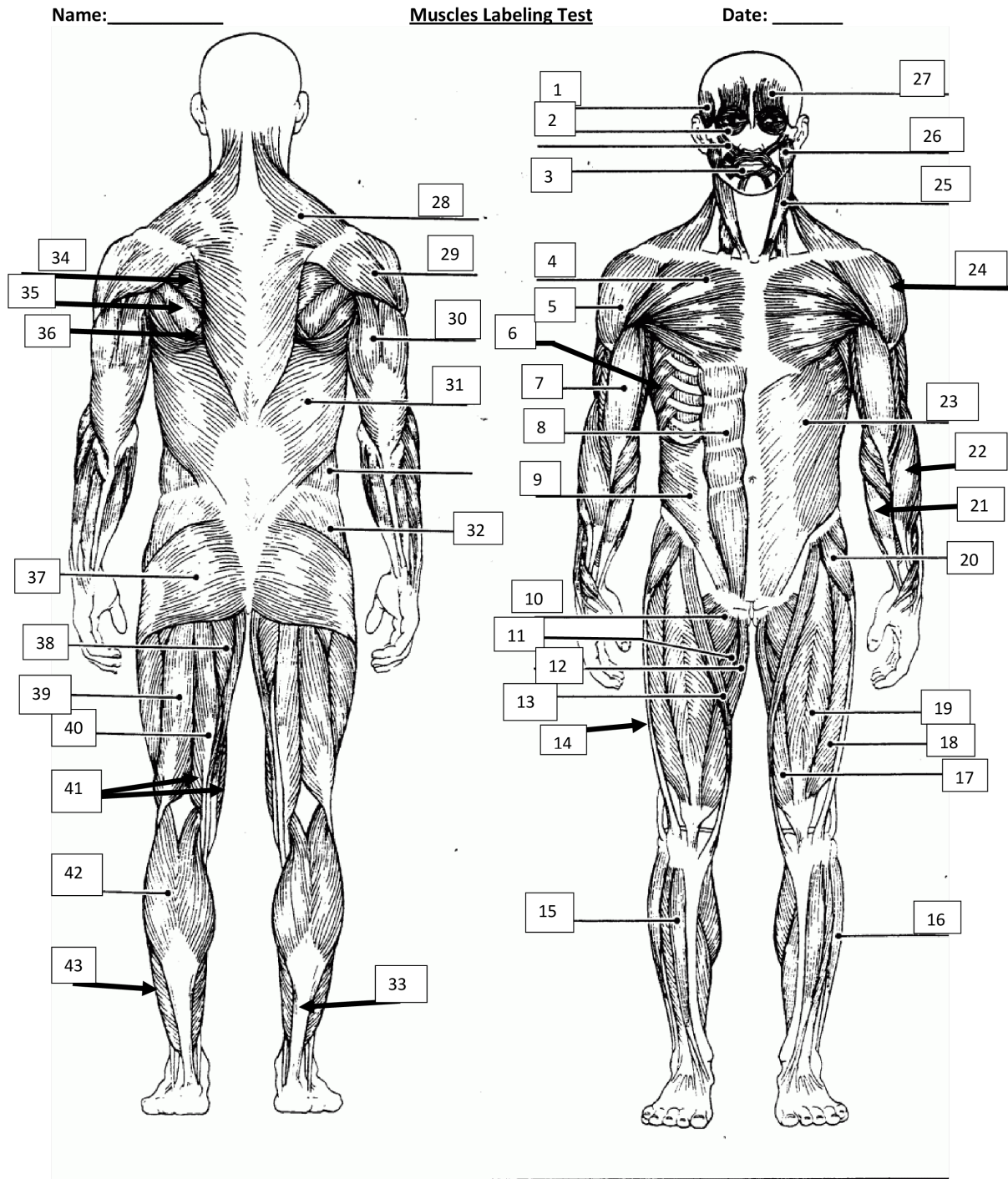


41 / 1 point

Regrade

1

✓ / 1 point



What is number 34?

✓ teres minor



Regrade

1

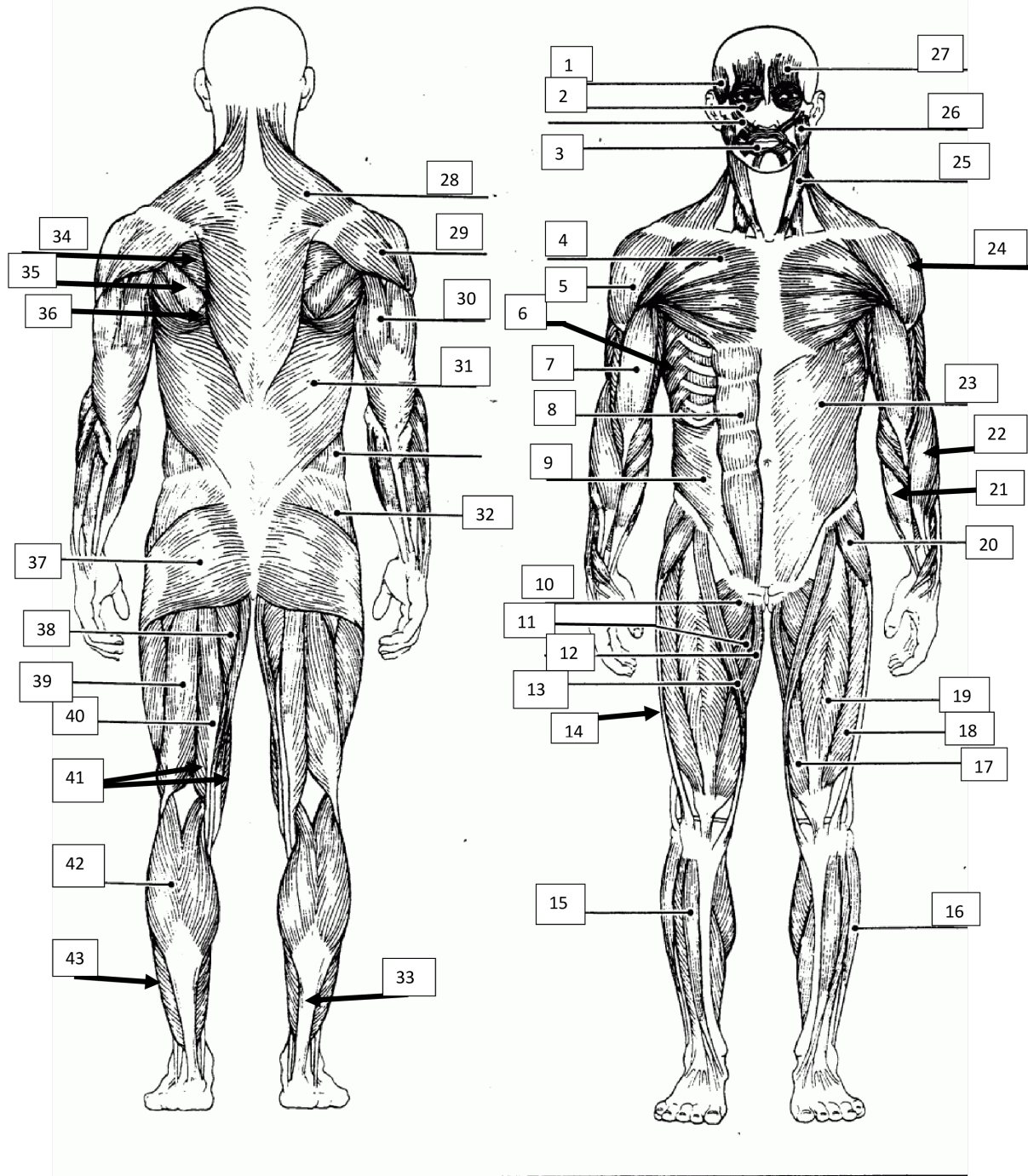
◇ / 1 point

51 / 1 point

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 41?

✓ semimembranosus

🗨 Regrade

1

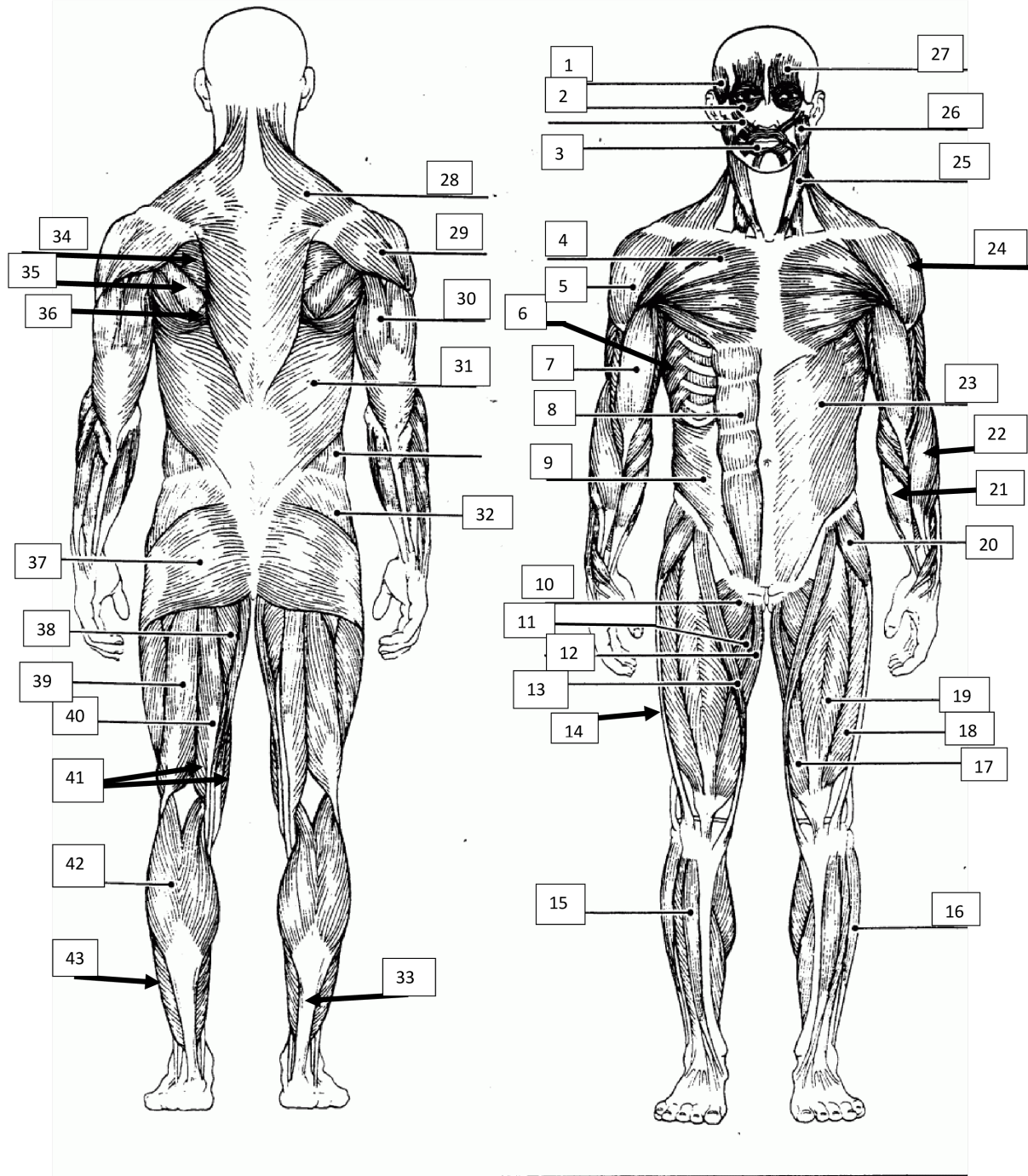
◇ / 1 point

61 / 1 point

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 21?

1

/ 1 point

71 / 1 point

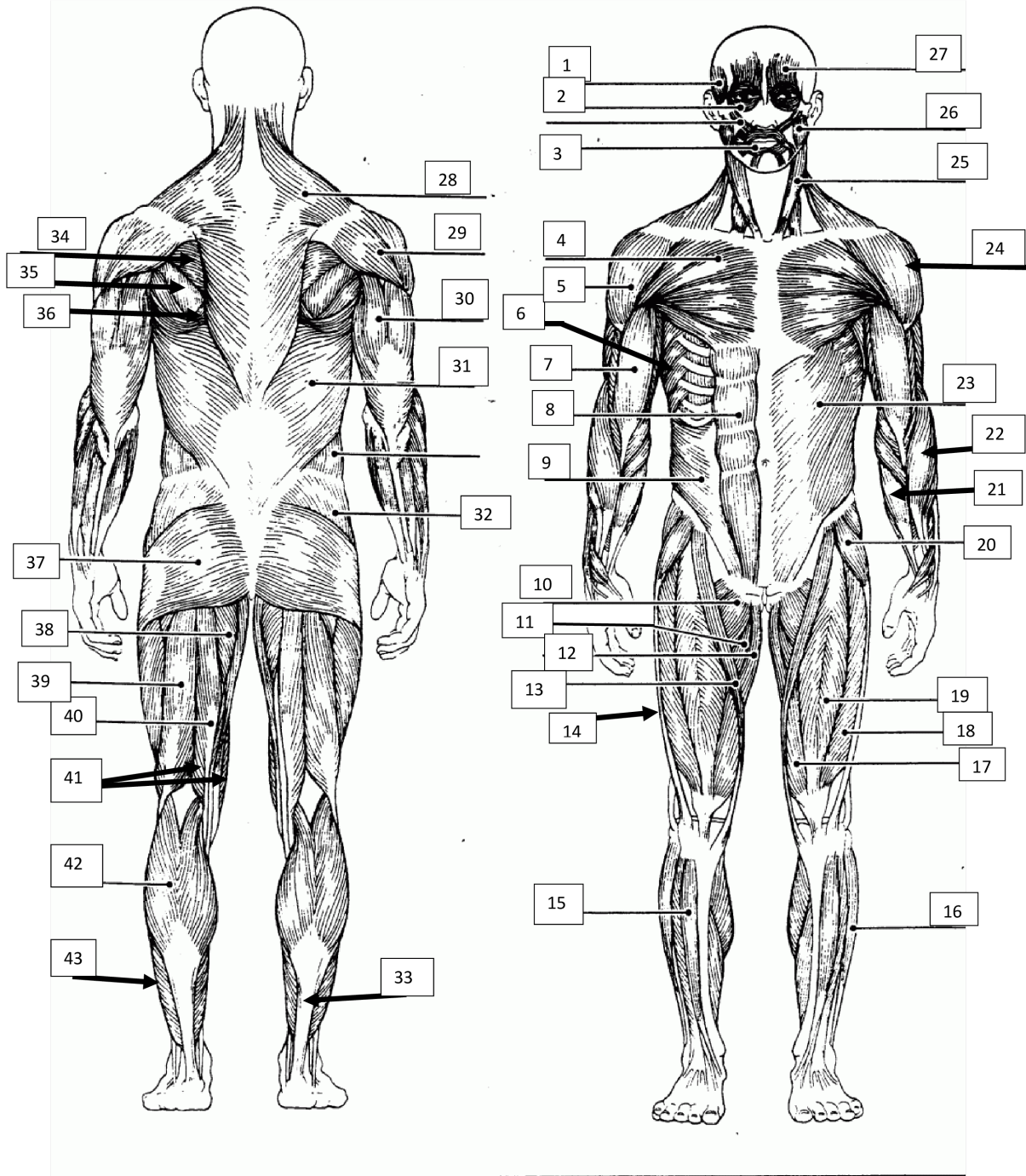
flexor carpi radialis



Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



Regrade

1

/ 1 point

81/1 point  
What is number 22?

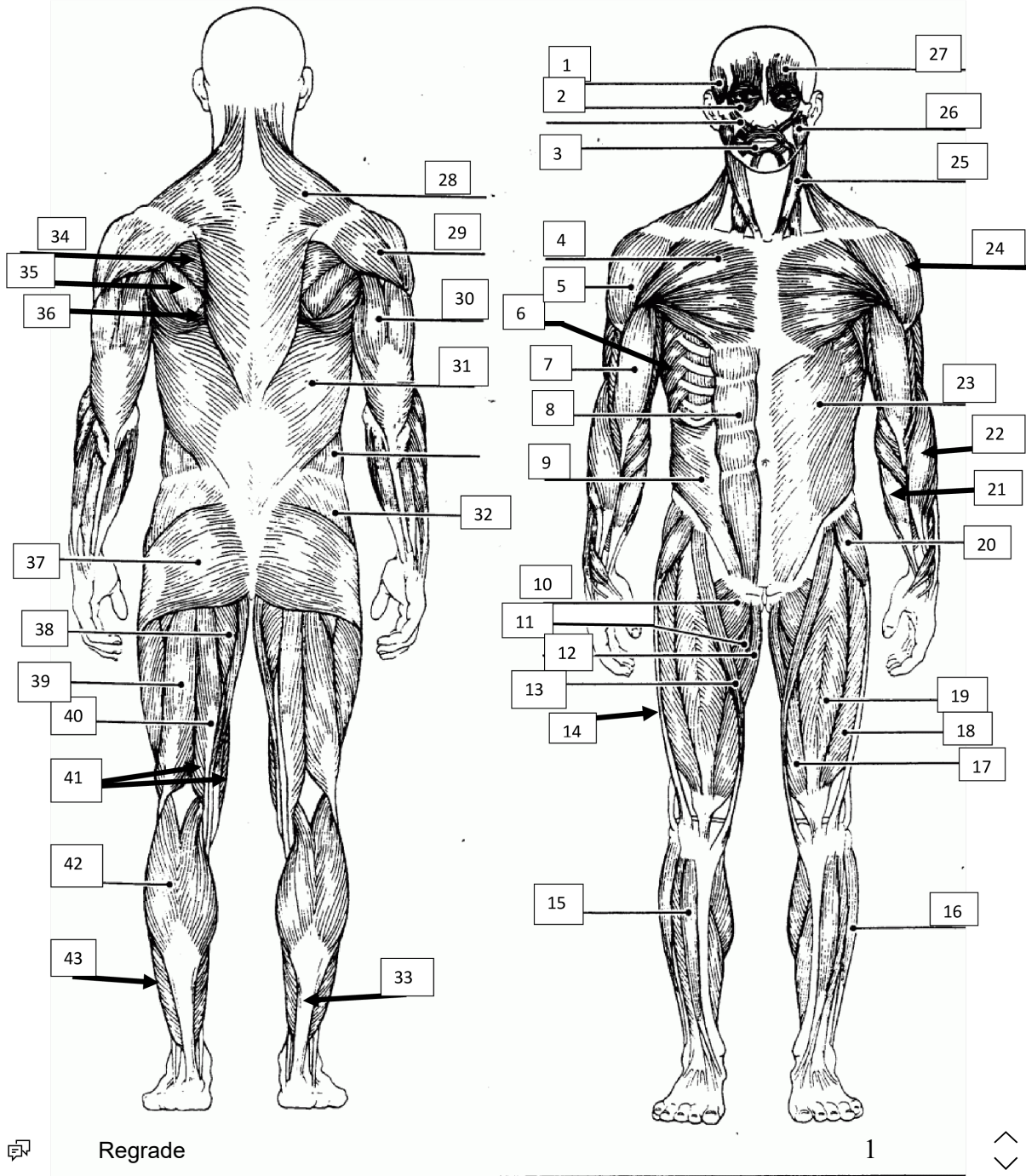
✗ brachiocardials

Correct Answer: brachioradialis

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



91 / 1 point

What is number 26?

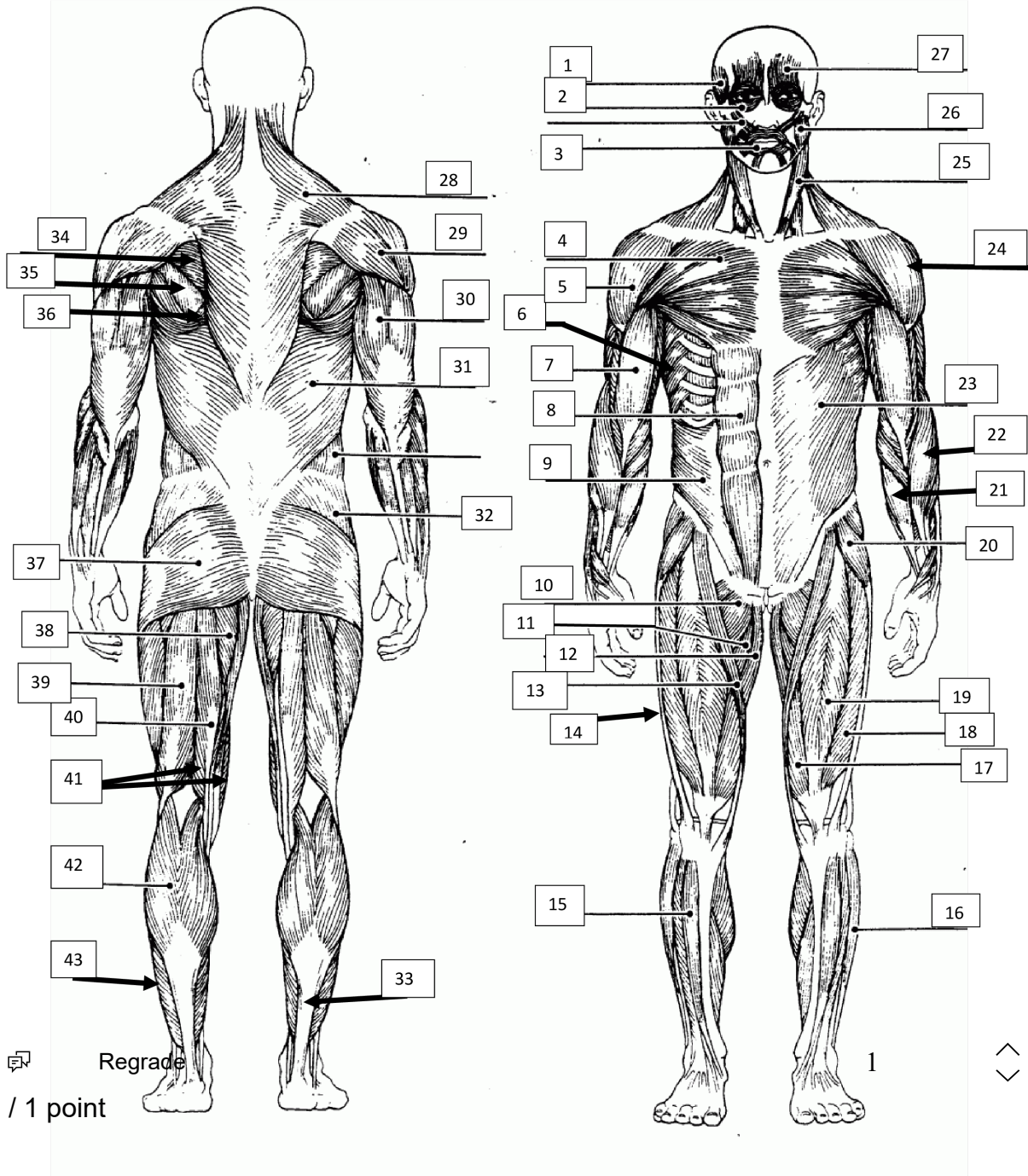
✓ masseter



Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



101 / 1 point

1 / 1 point

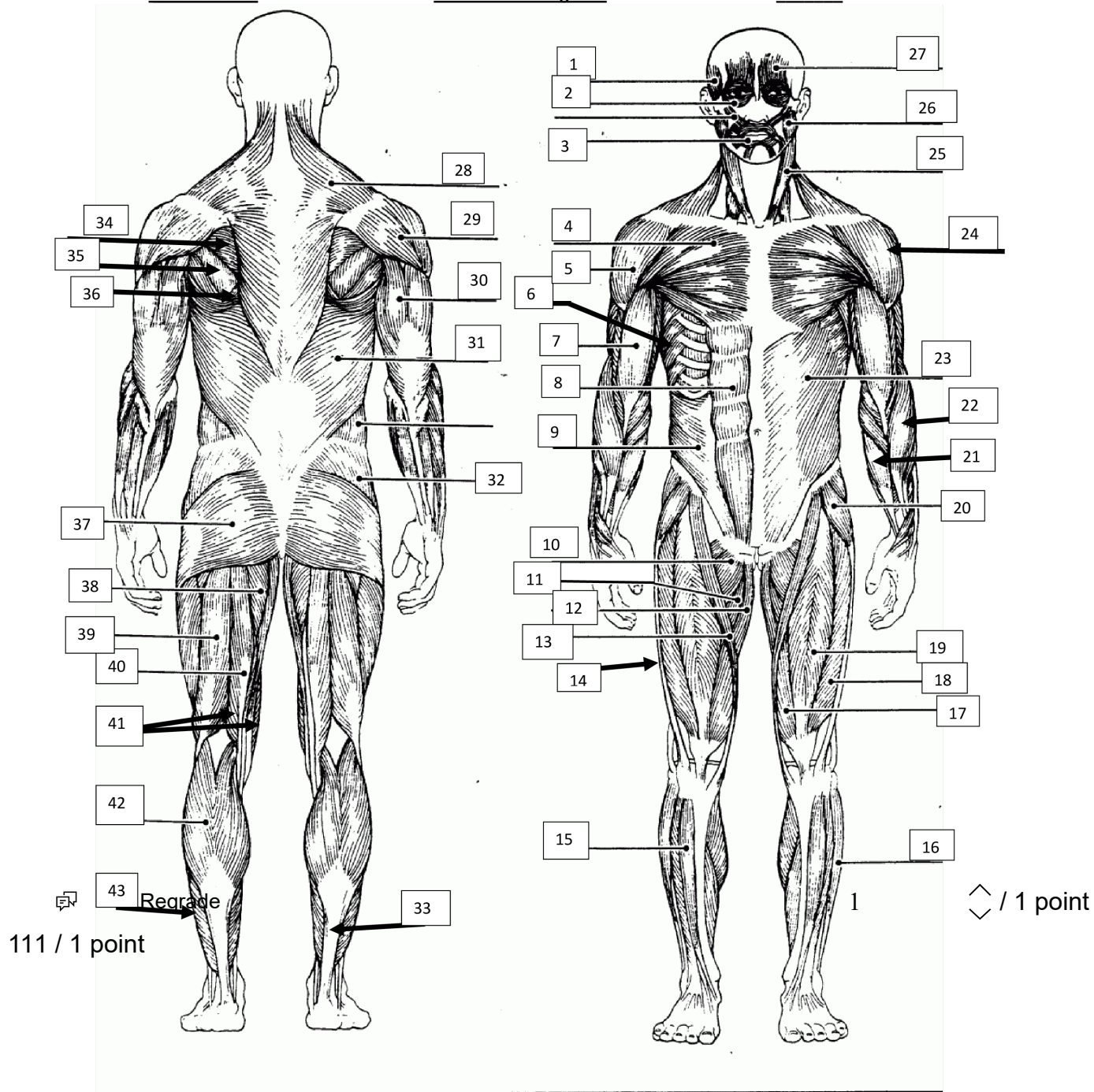
What is number 27?

✓ frontalis

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



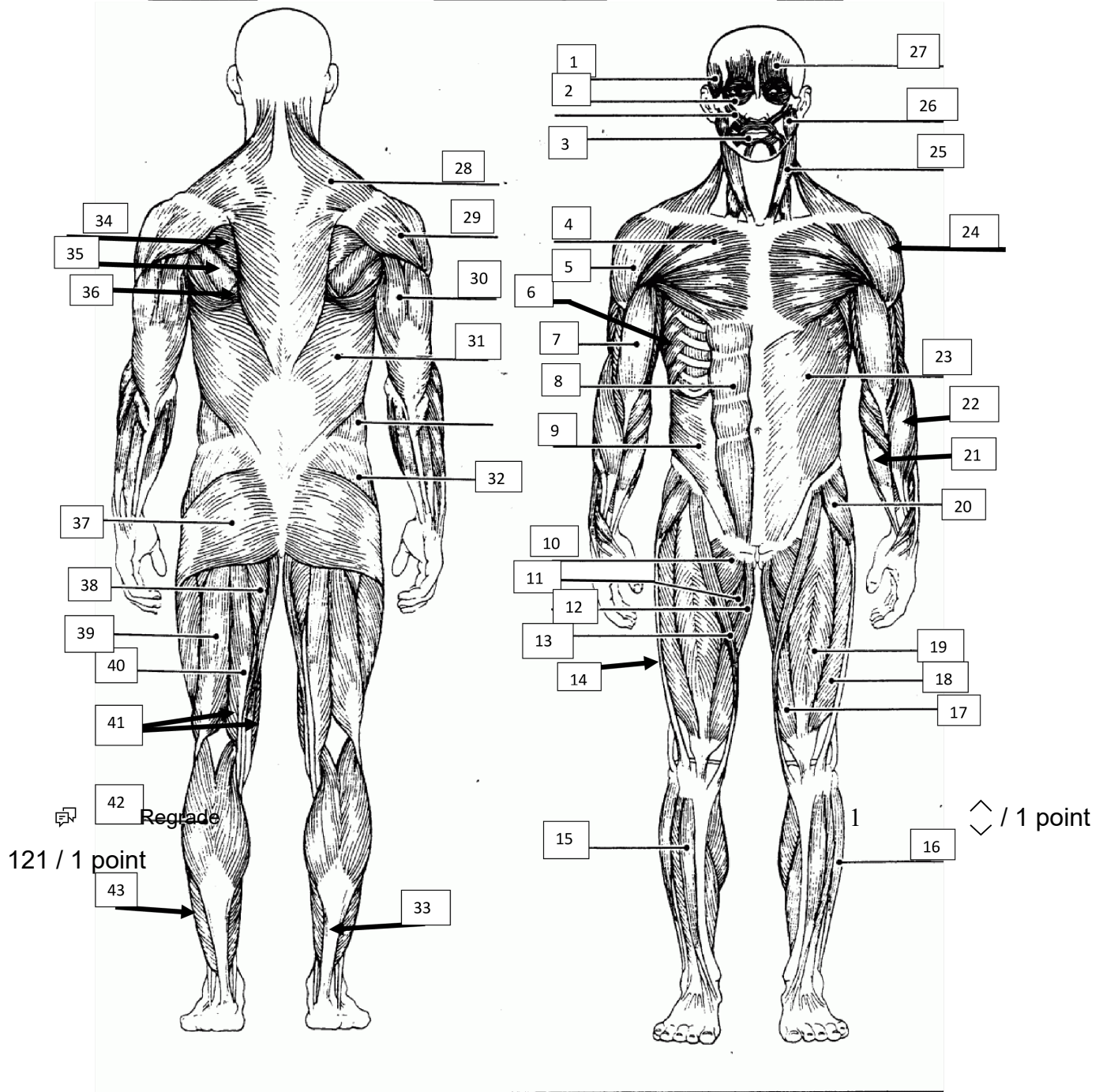
What is number 28?

✓ trapezius

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 10?

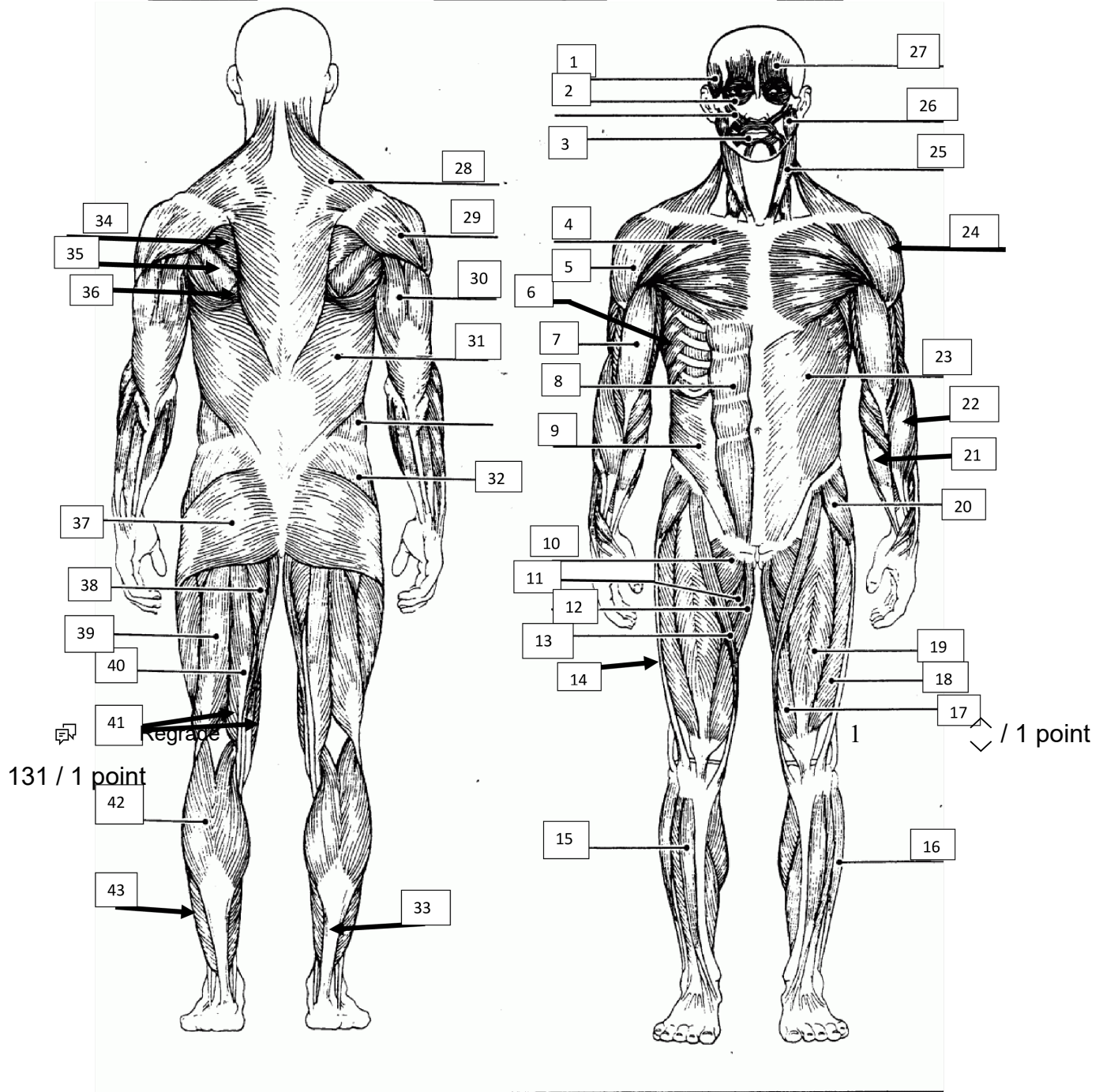
✓ adductor longus



Name: \_\_\_\_\_

Muscles Labeling Test

Date: \_\_\_\_\_



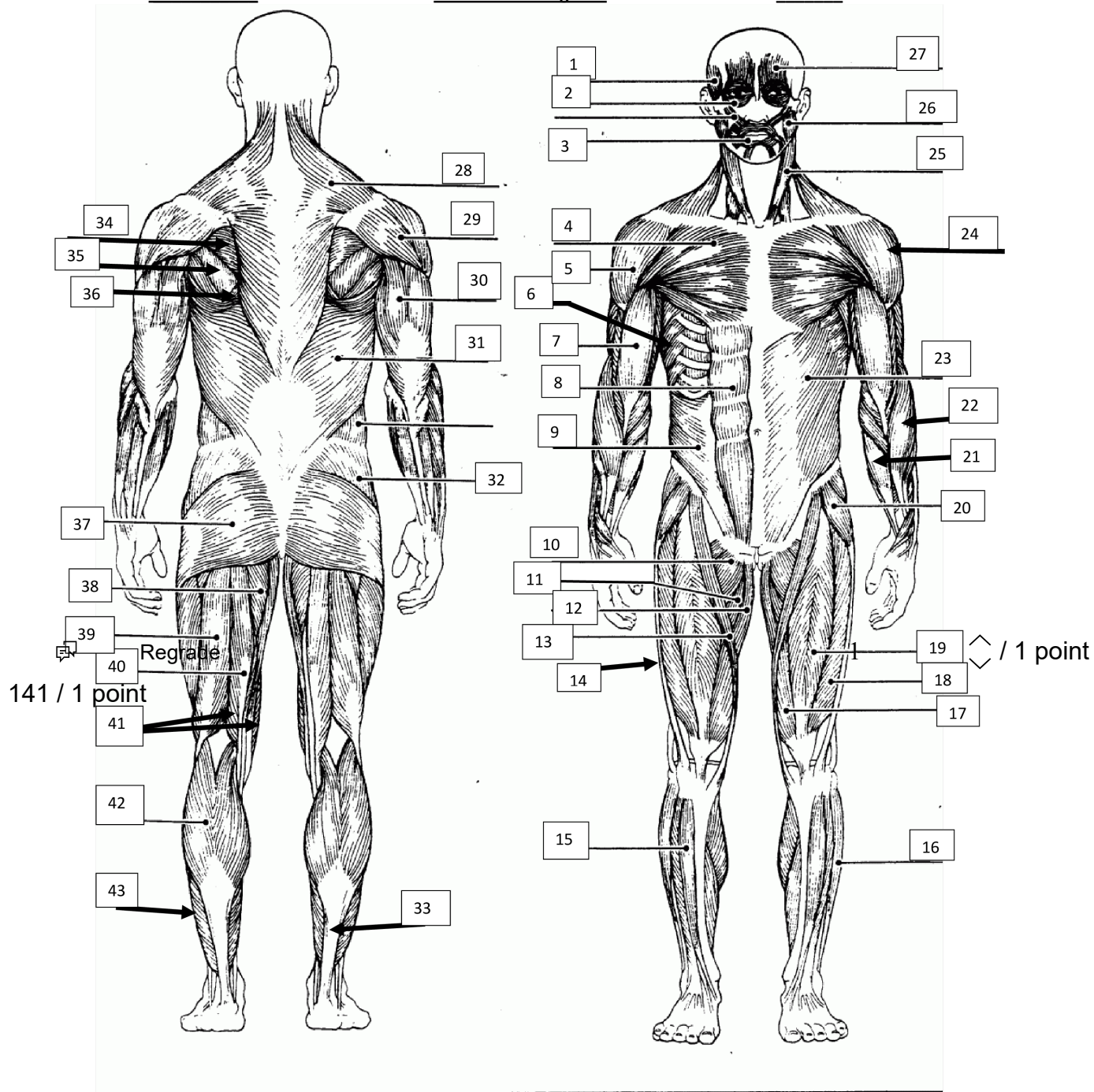
What is number 30?

✓ triceps brachii

Name: \_\_\_\_\_

Muscles Labeling Test

Date: \_\_\_\_\_



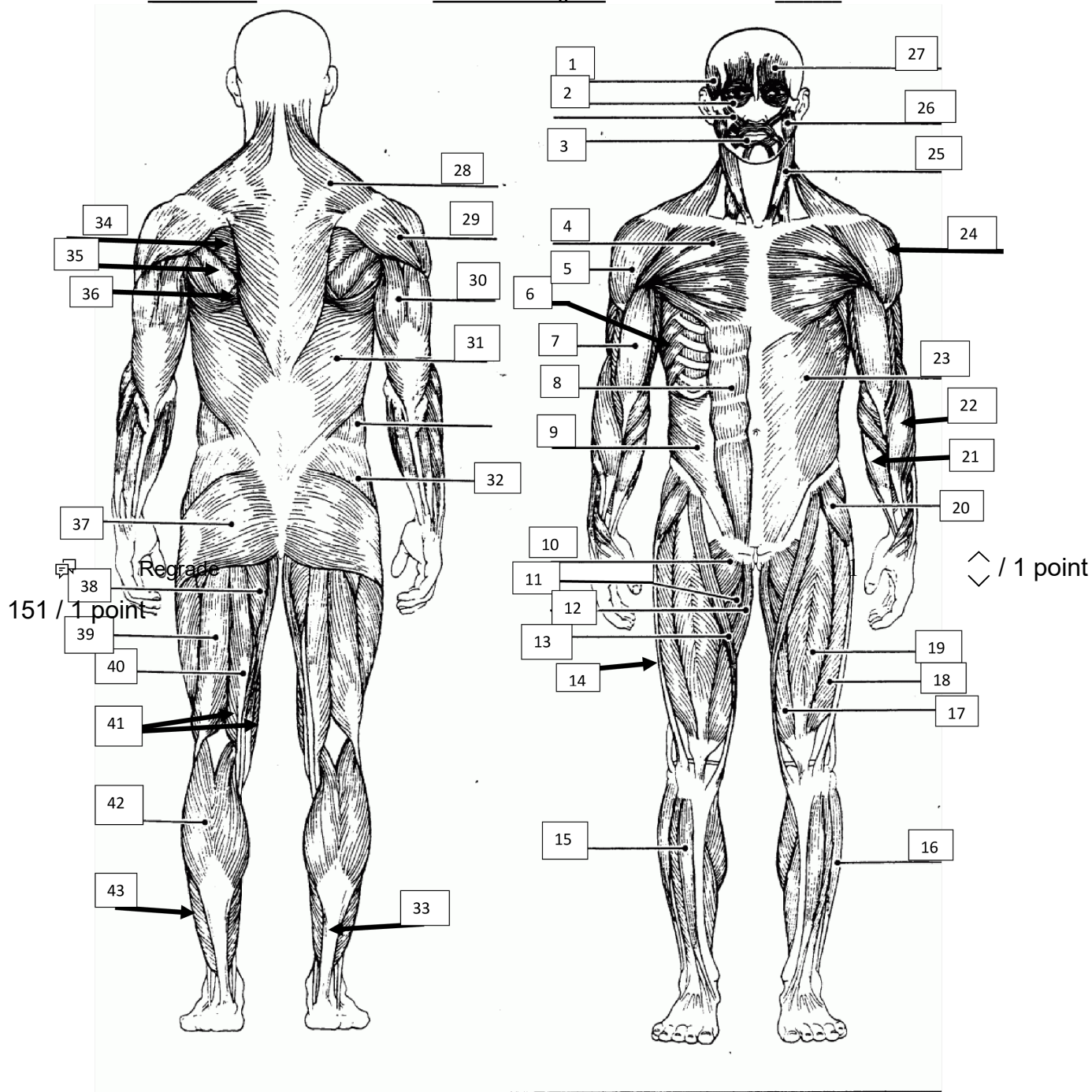
What is number 16?

✓ peroneus longus

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 3?

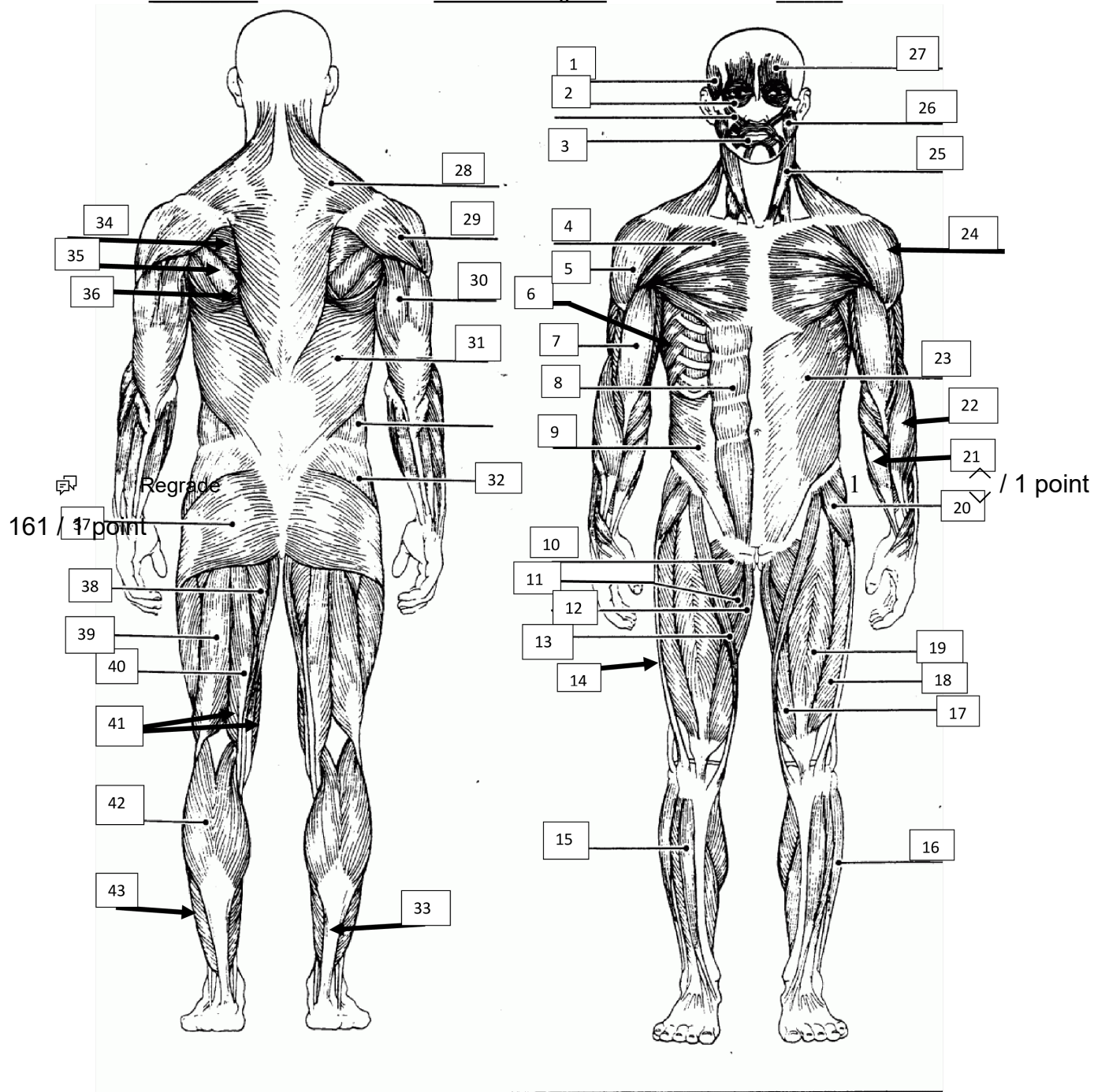
✓ orbicularis oris



Name: \_\_\_\_\_

Muscles Labeling Test

Date: \_\_\_\_\_



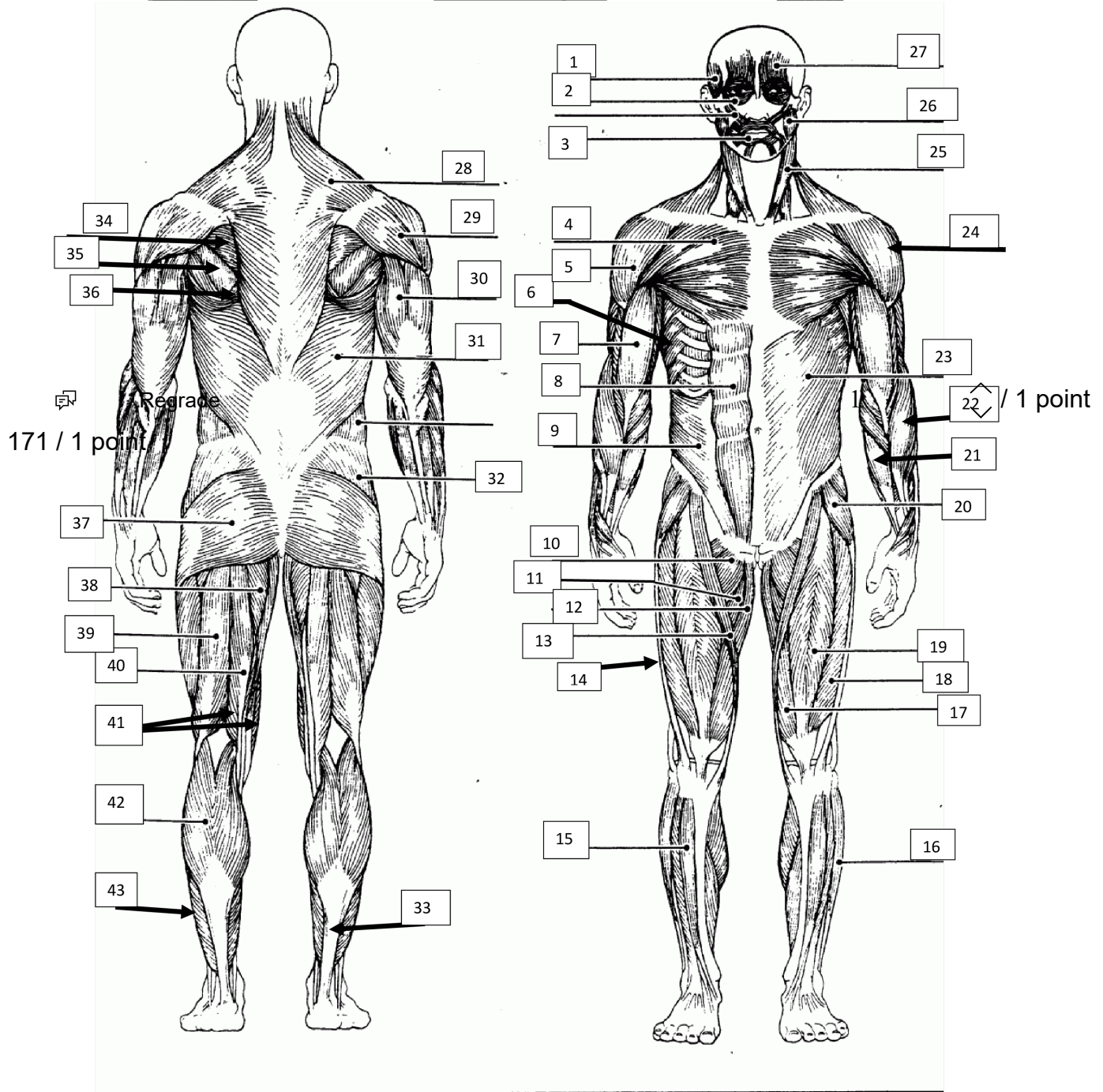
What is number 12?

✓ gracilis

Name: \_\_\_\_\_

Muscles Labeling Test

Date: \_\_\_\_\_



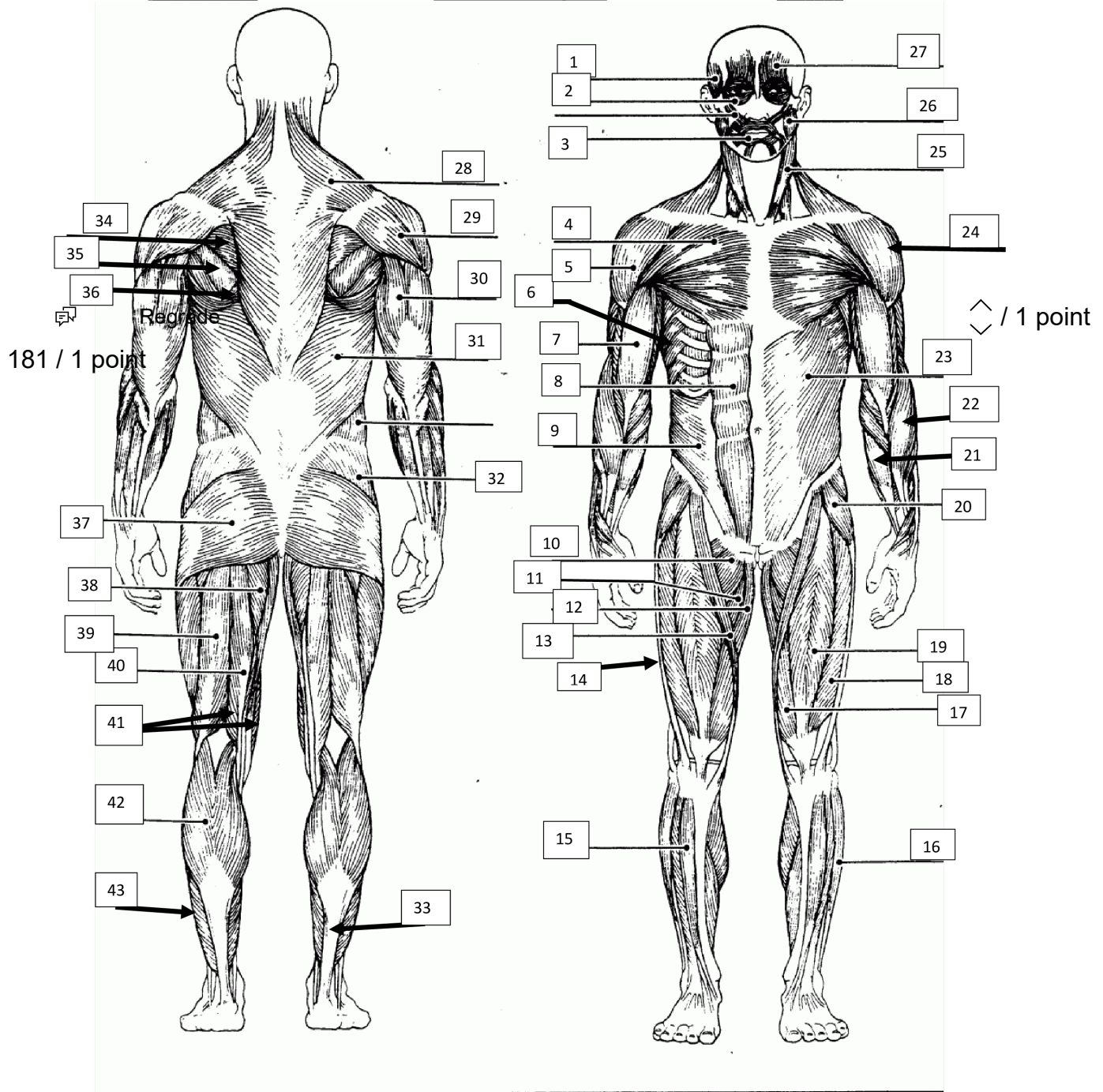
What is number 39?

✓ biceps femorus

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 42?

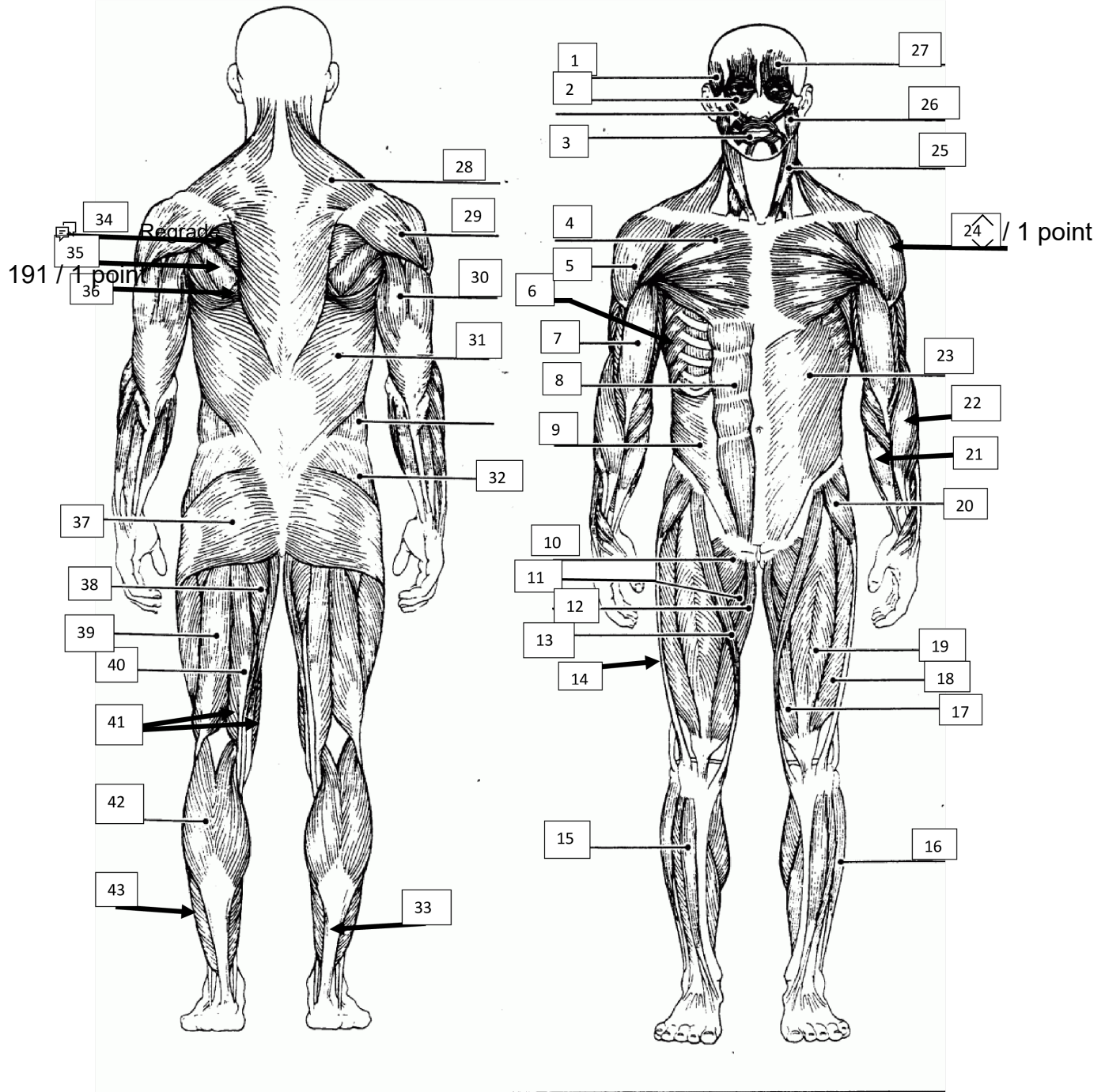
✓ gastrocnemius



Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



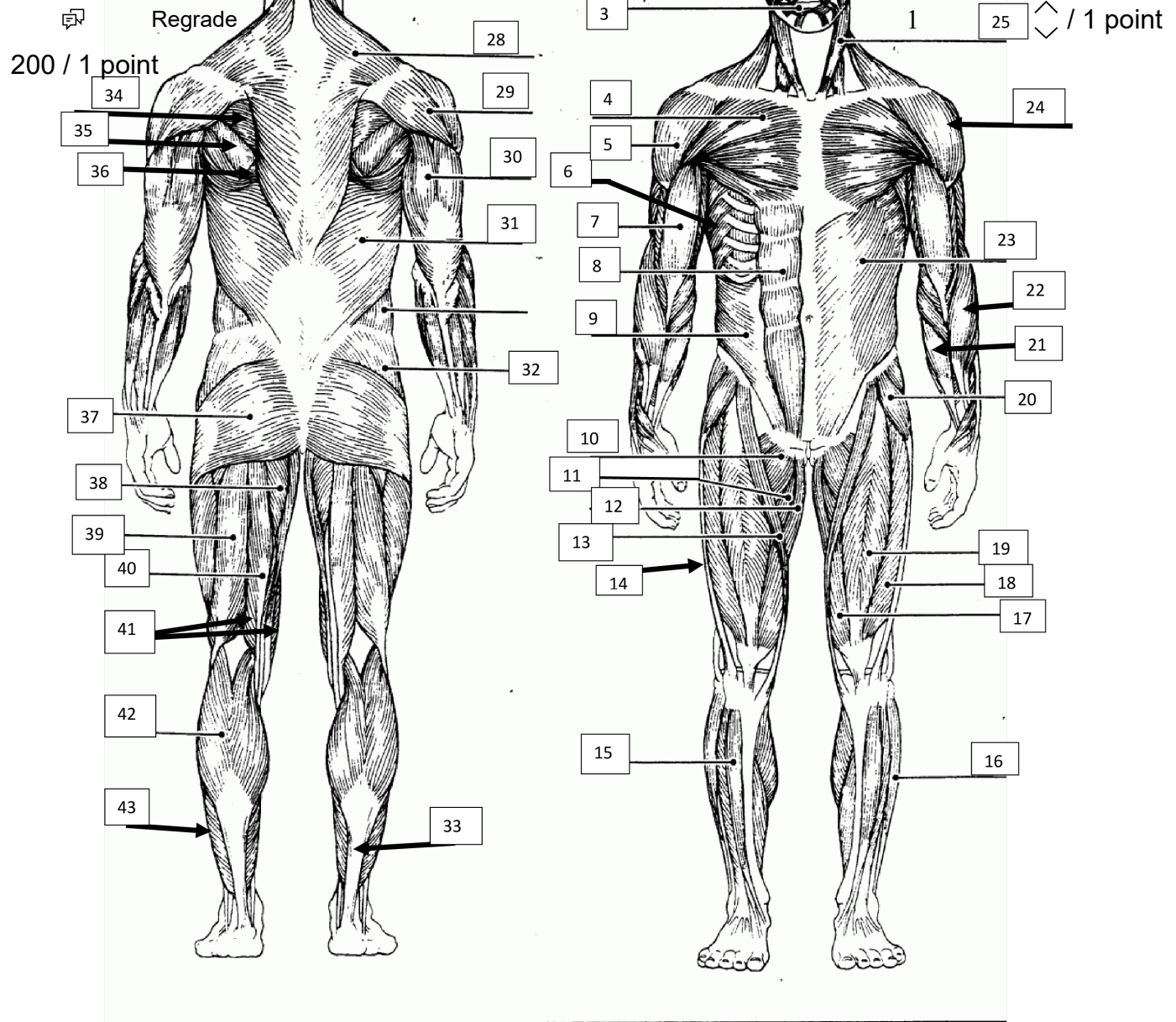
What is number 37?

✓ gluteus maximus

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 36?

✓ rhomboid major



Name: \_\_\_\_\_

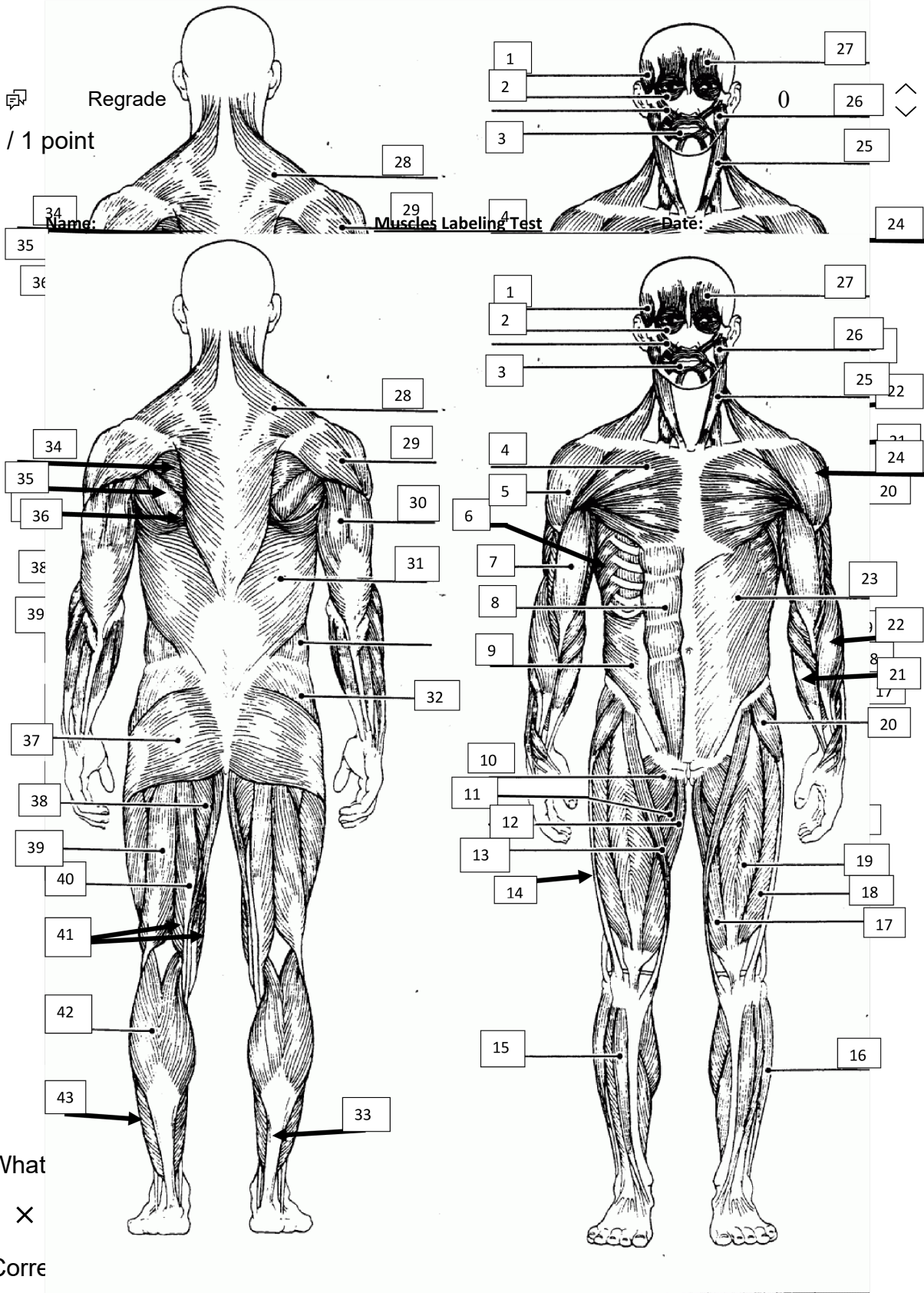
**Muscles Labeling Test**

Date: \_\_\_\_\_



Regrade

211 / 1 point



What

X

Corre

What is number 33?



✗ achillies tendon

Correct Answer: Achille's tendon

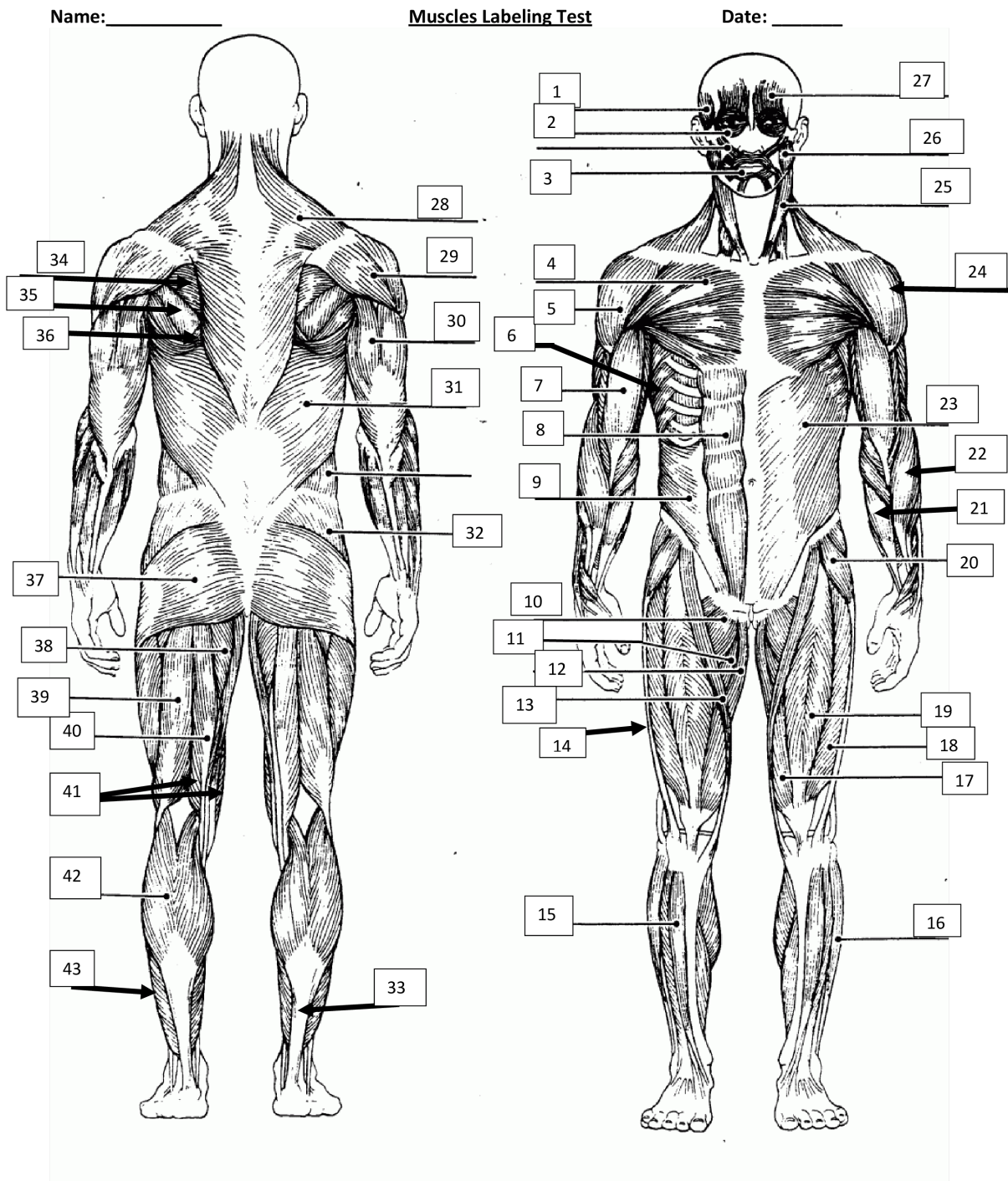


Regrade

1

◇ / 1 point

221 / 1 point



What is number 13?

✗ satorious

Correct Answer: sartorius

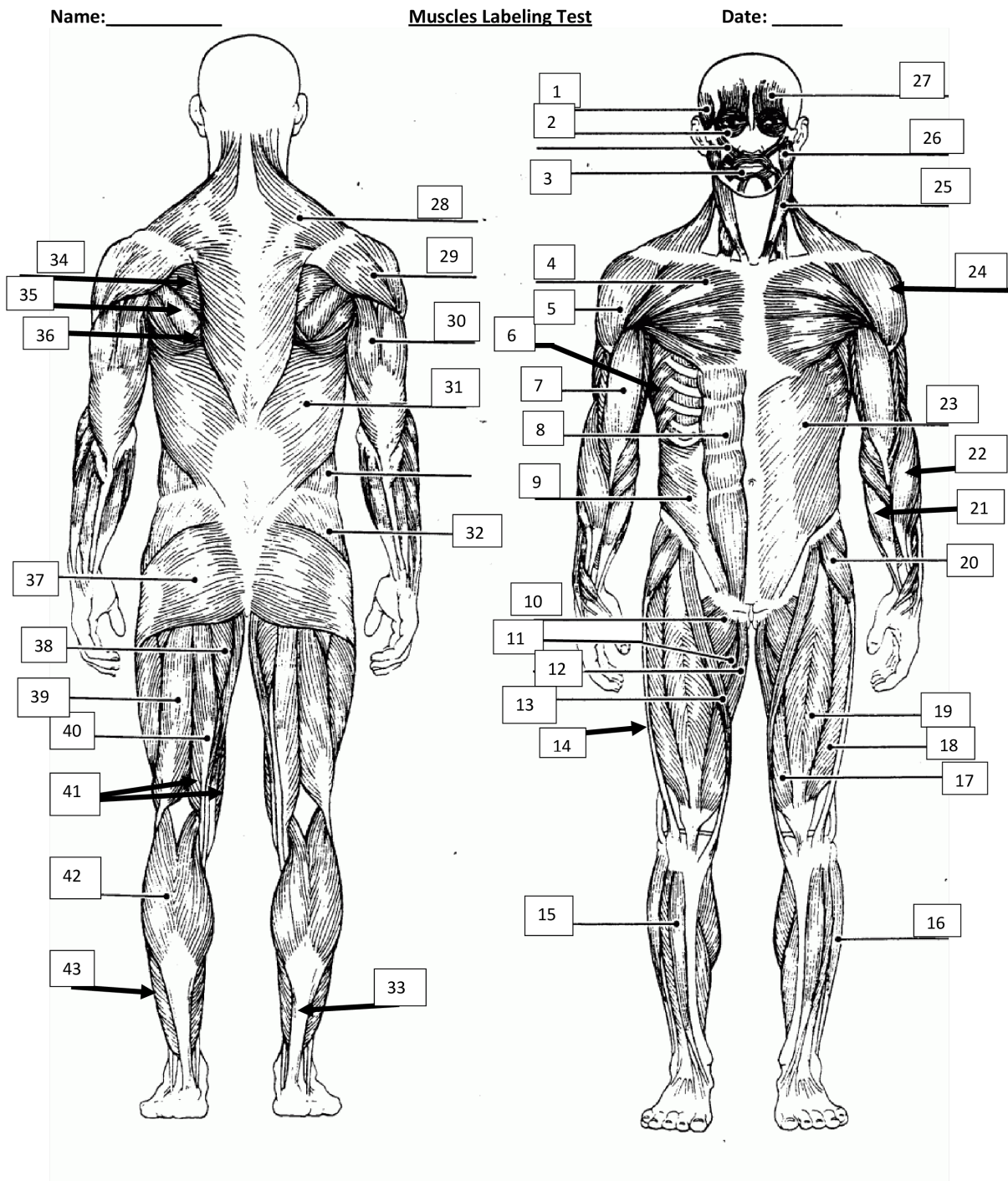


Regrade

1

/ 1 point

231 / 1 point



What is number 31?

✓ latissims dorsi

241 / 1 point

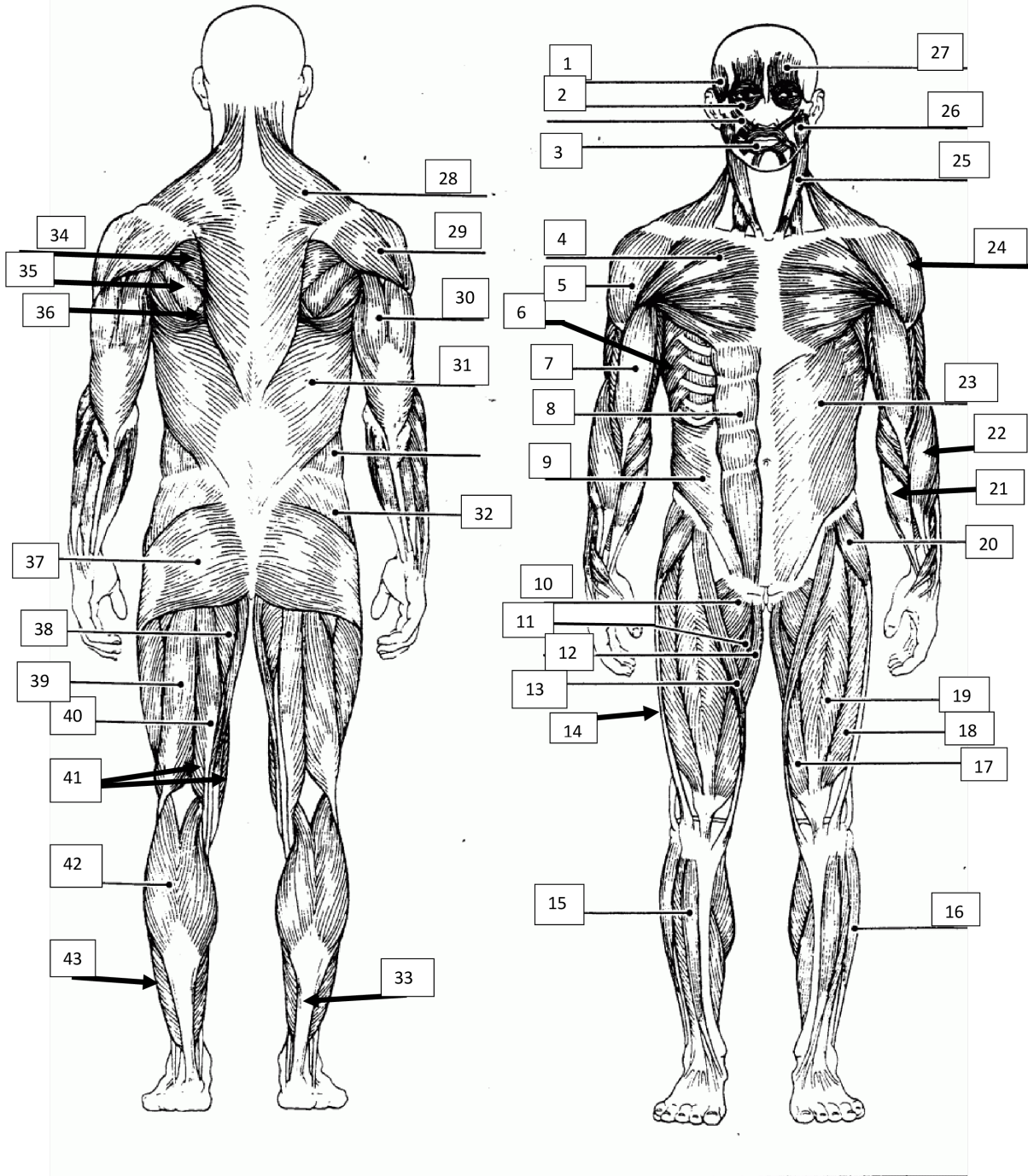
1

◇ / 1 point

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 23?

✓ external obliques

251 / 1 point

1

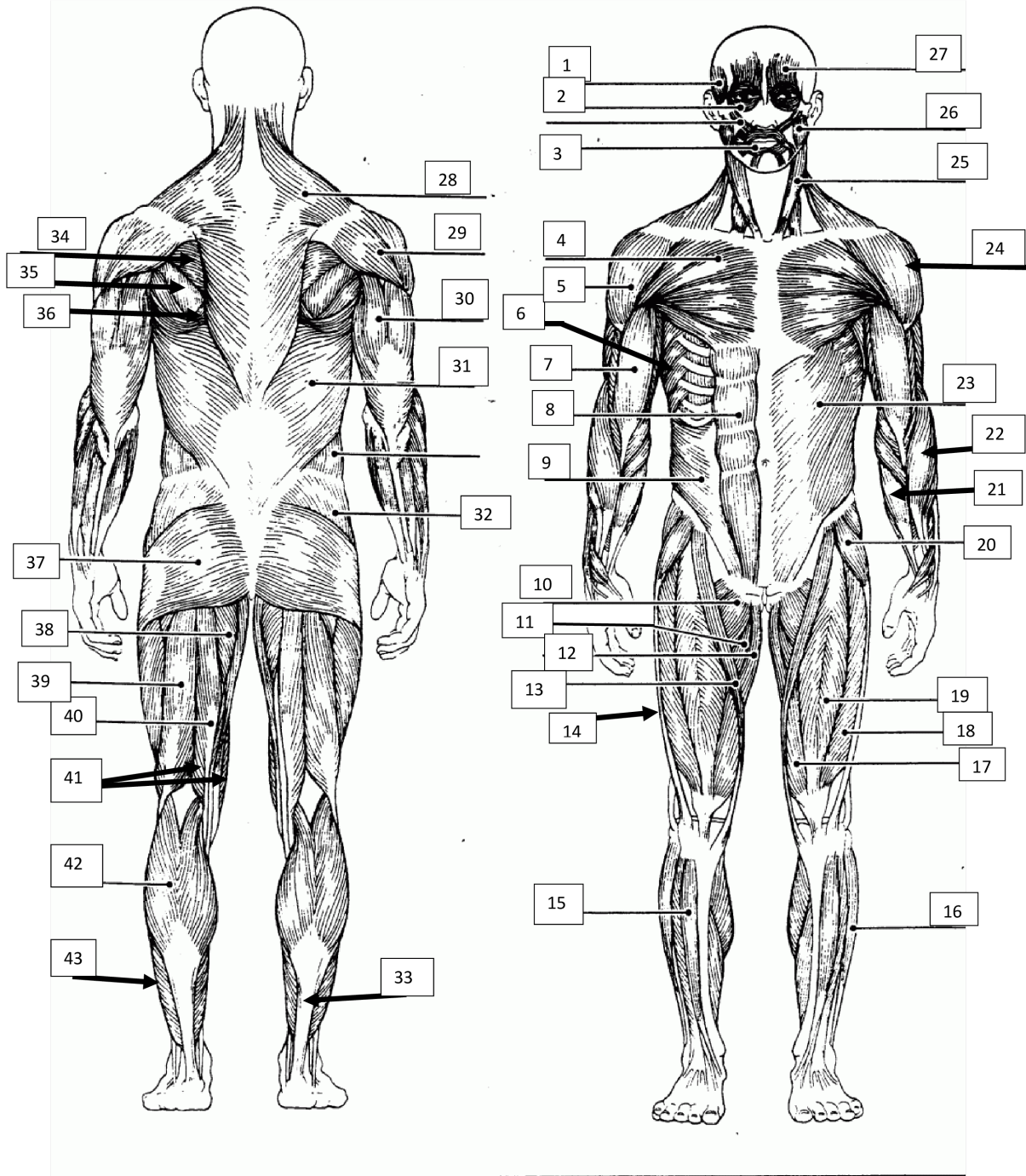
◇ / 1 point



Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 4?

✓ pectoralis major



Regrade

1

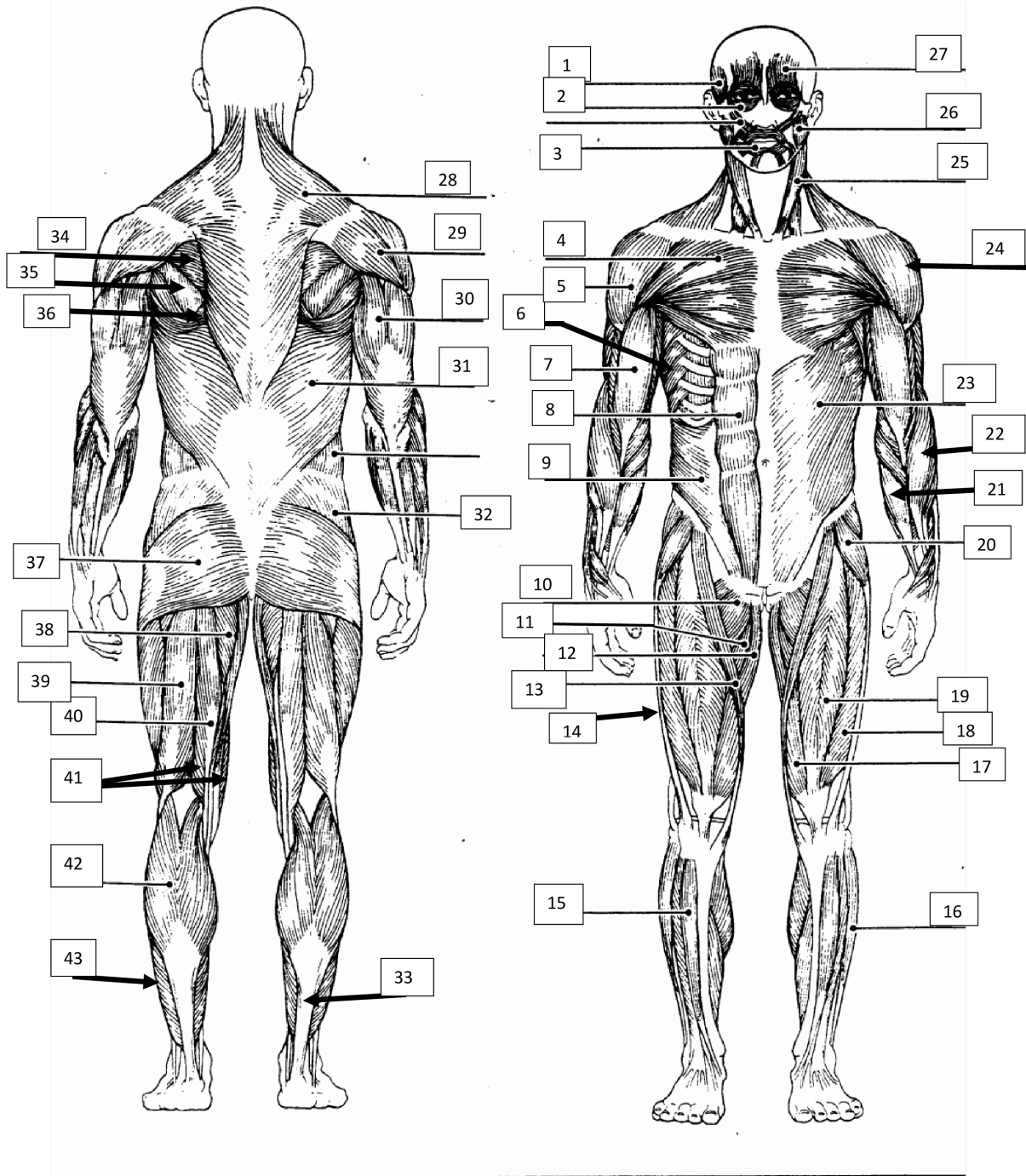
/ 1 point

261 / 1 point

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 19?



Regrade

271 / 1 point

rectus femoris

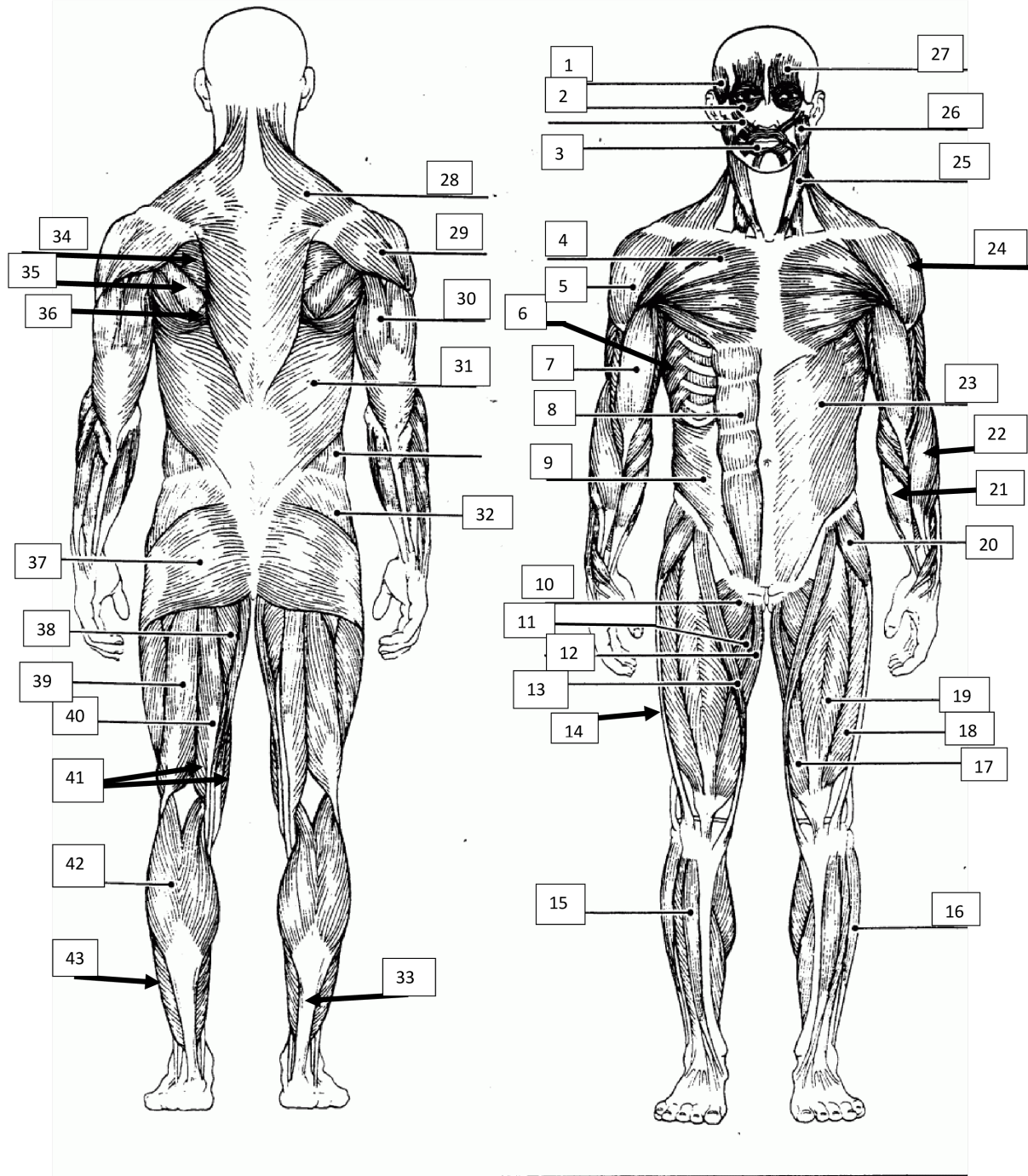
1

/ 1 point

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



Regrade

1

◇ / 1 point

281 / 1 point  
What is number 1?

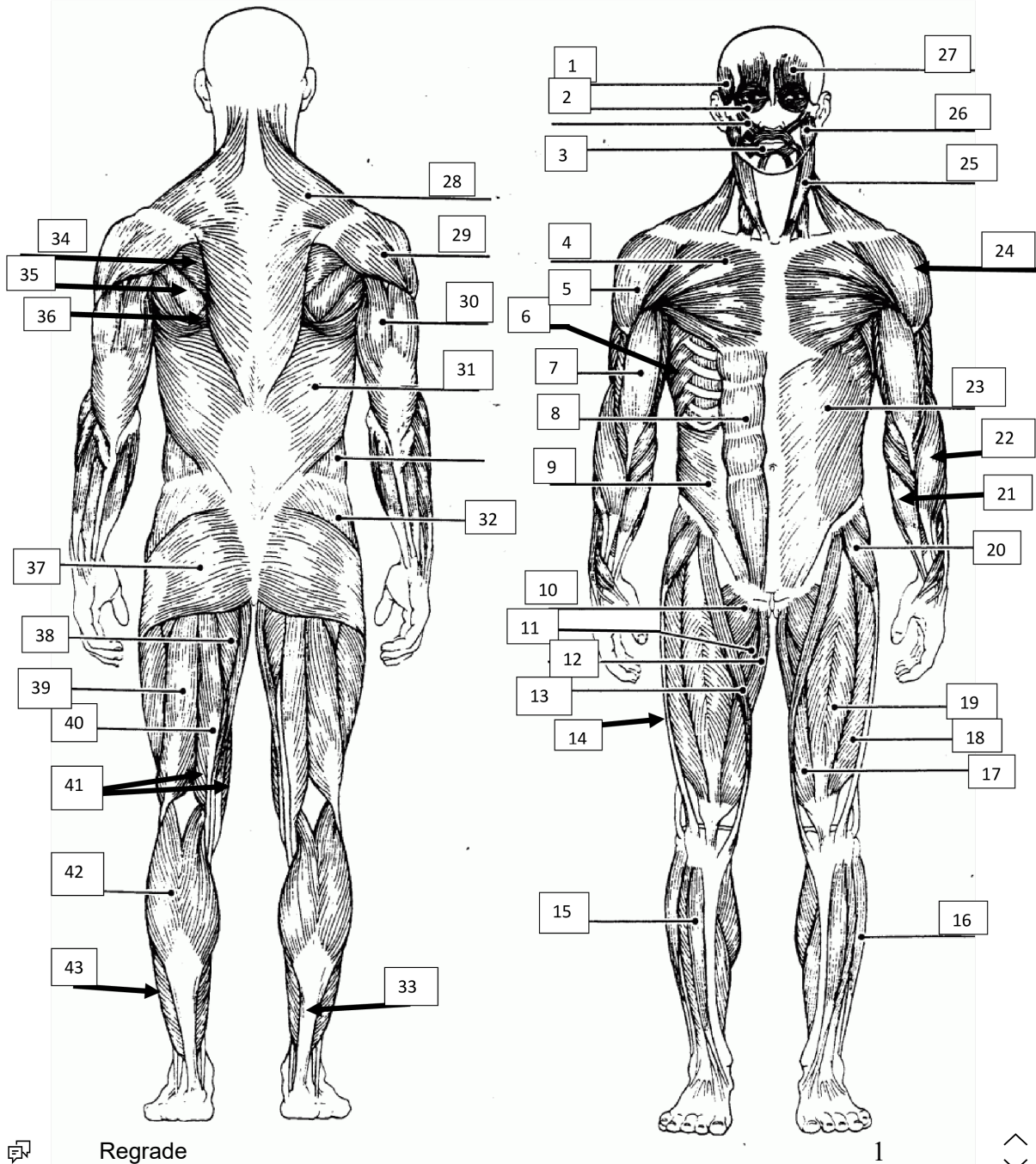
✓ Temporalis



Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



Regrade

1

/ 1 point

291 / 1 point

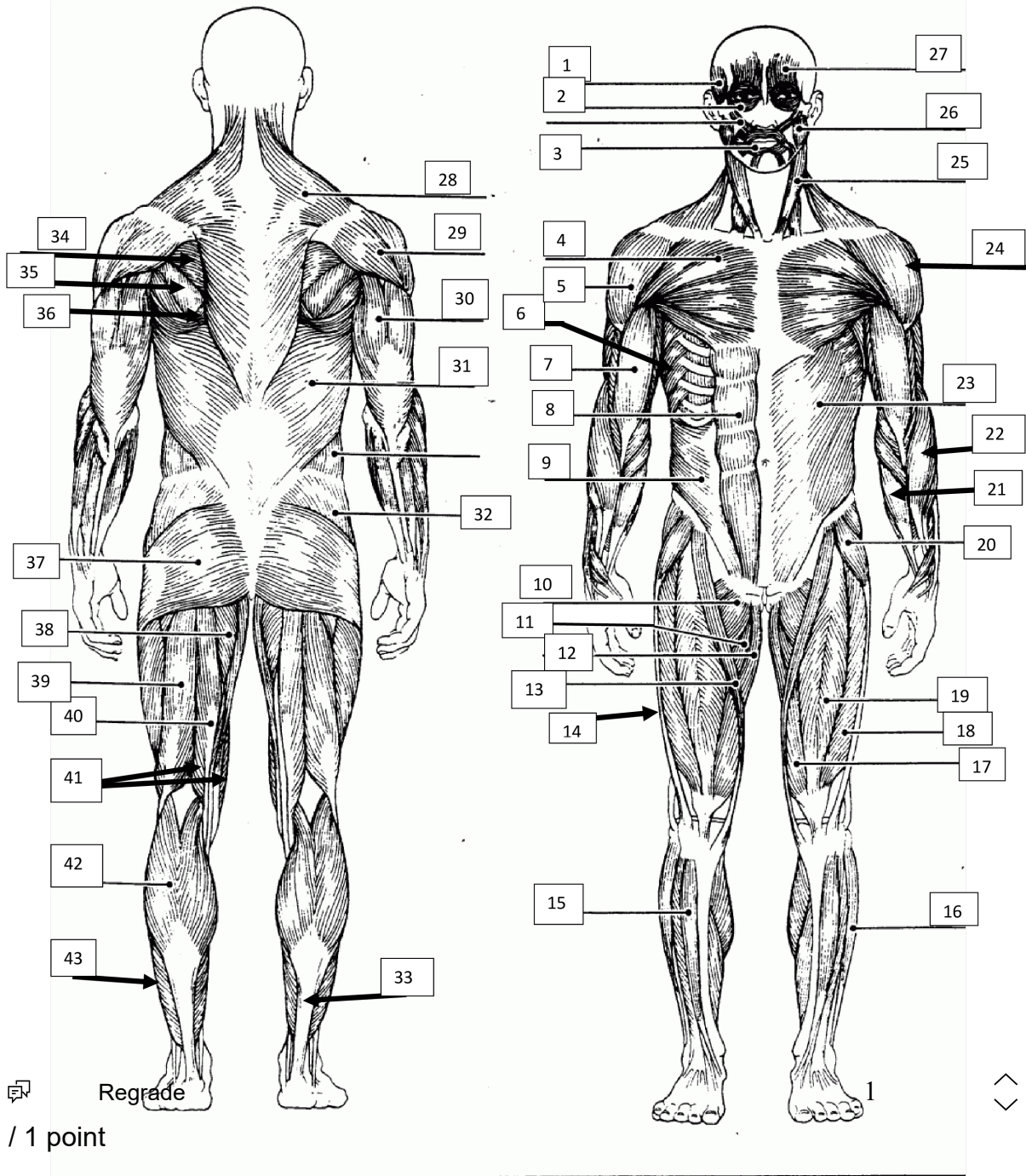
What is number 18?

✓ vastes lateralis

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



301 / 1 point

/ 1 point

What is number 25?

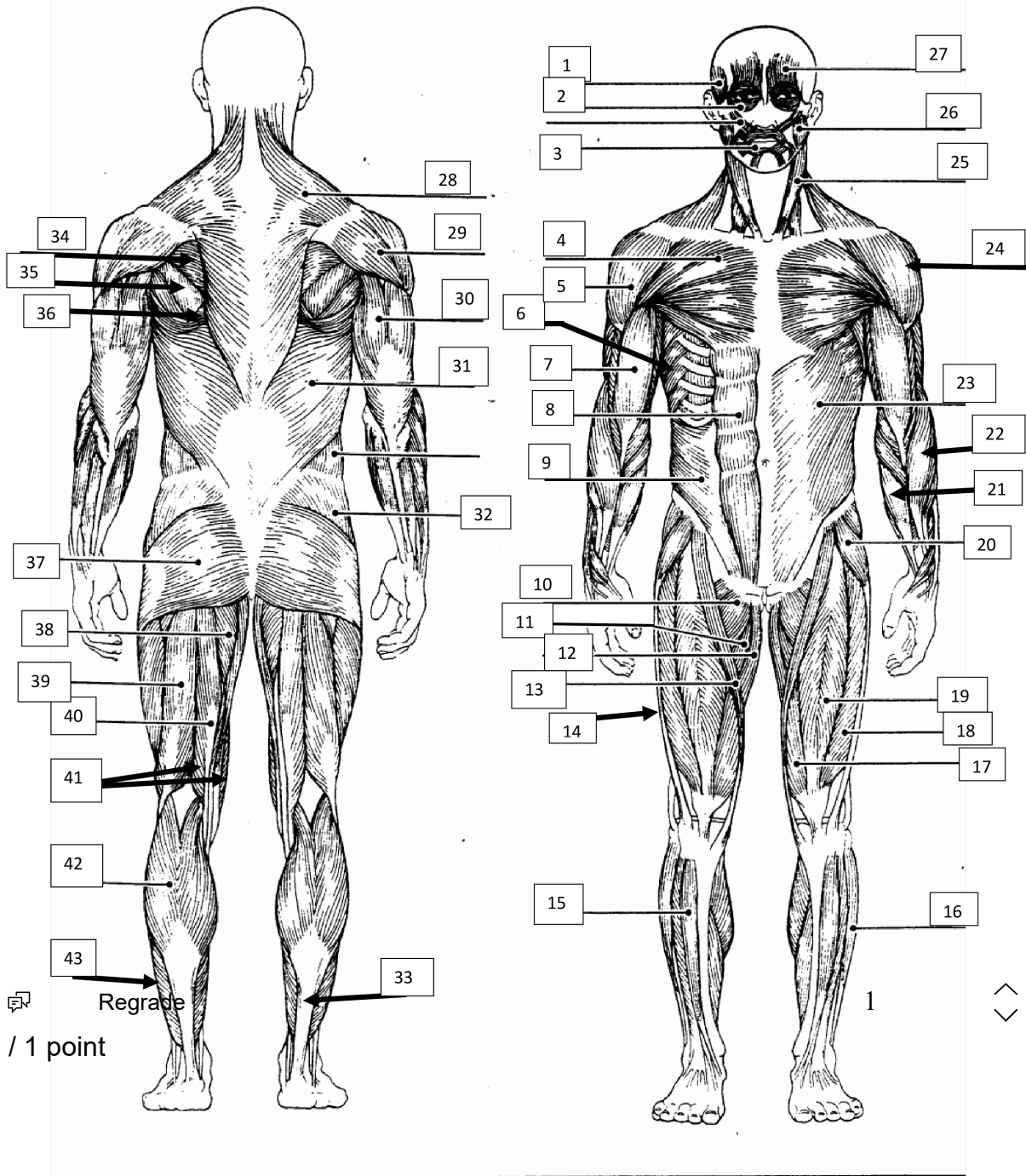
✗ sternocleidomastoid

Correct Answer:sternoclediomastoid

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 8?

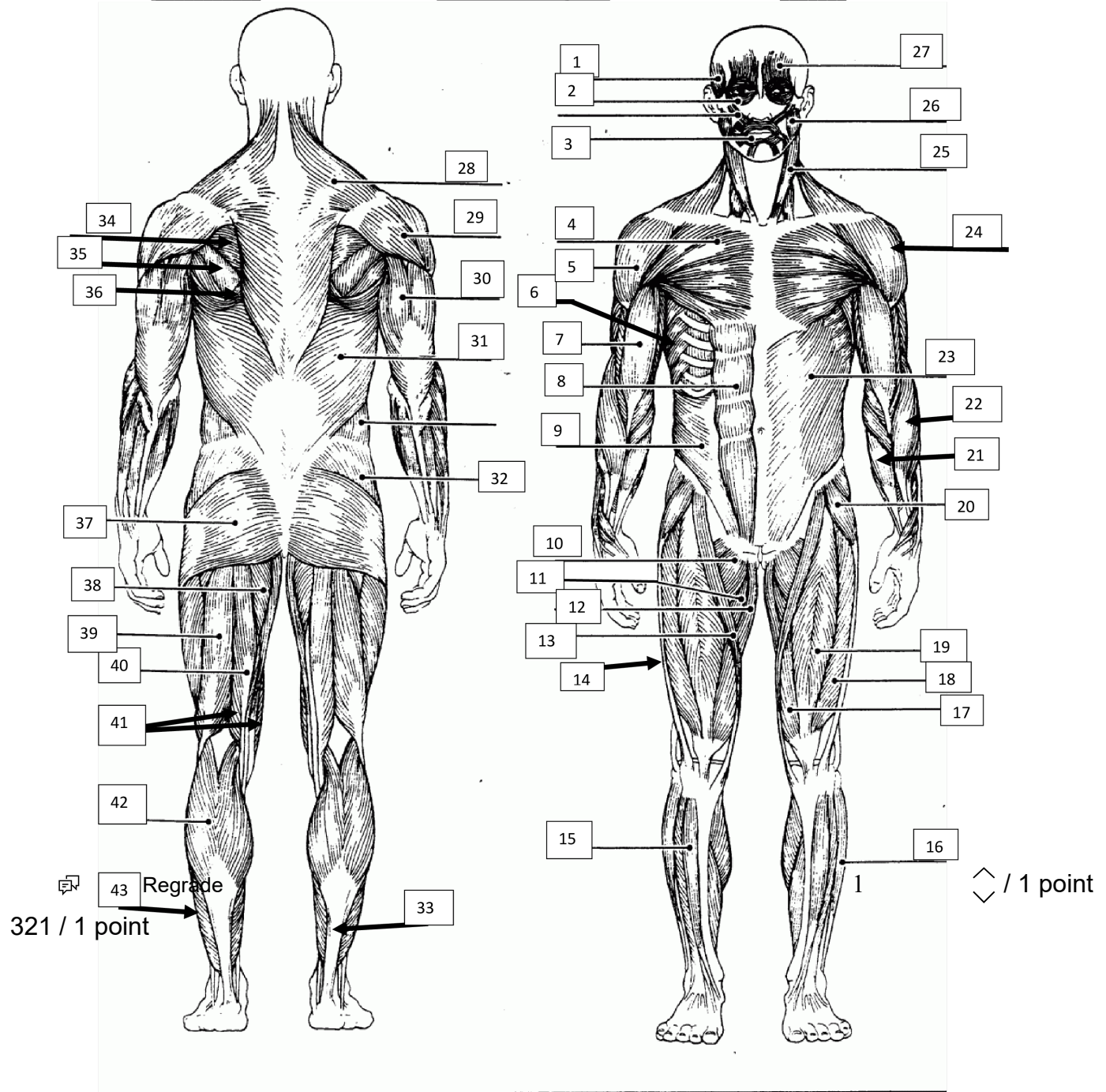
✓ rectus abdominus



Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 2?

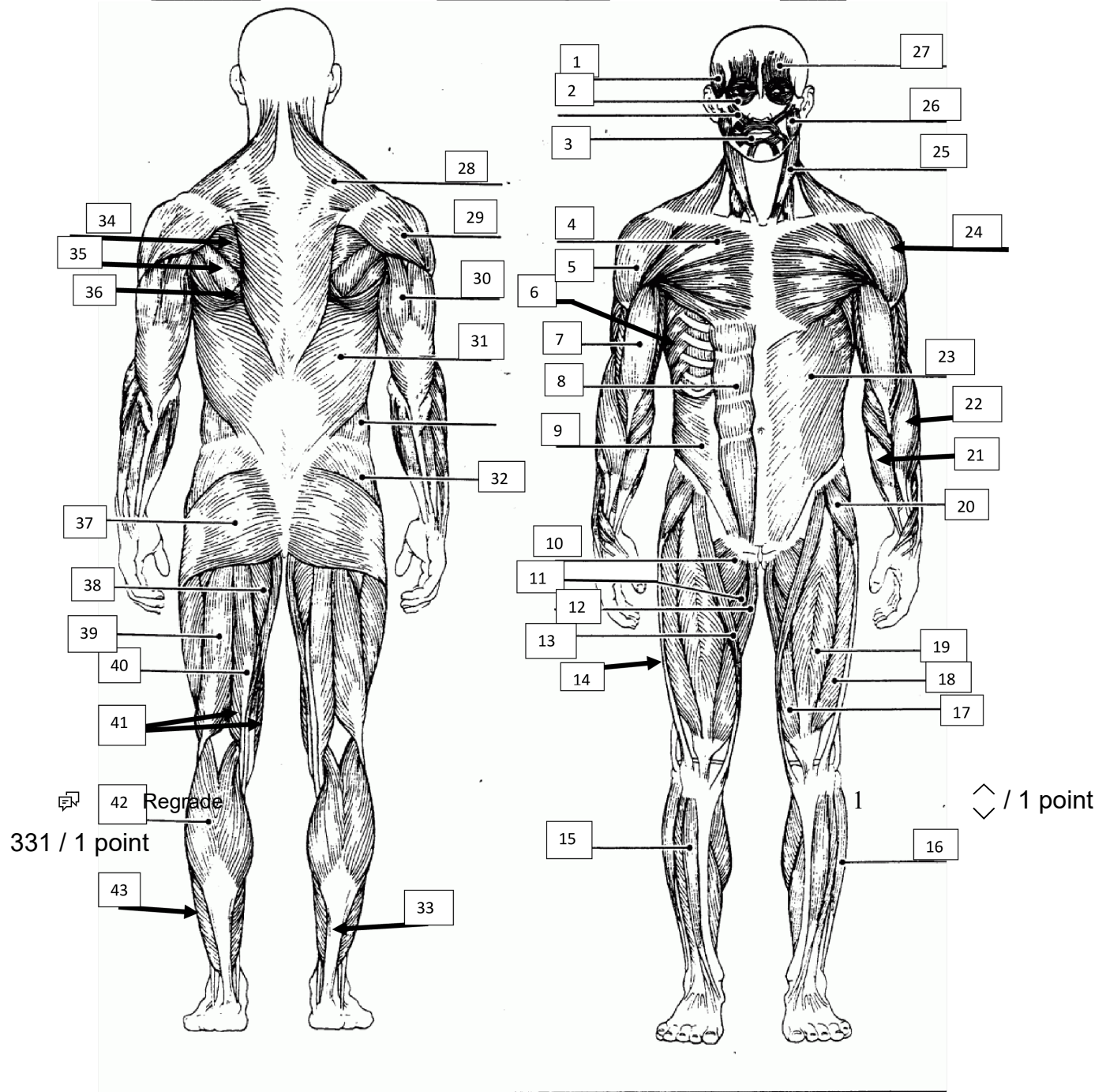
✗ Orbicularis Oculi

Correct Answer:orbicularis occuli

Name: \_\_\_\_\_

Muscles Labeling Test

Date: \_\_\_\_\_



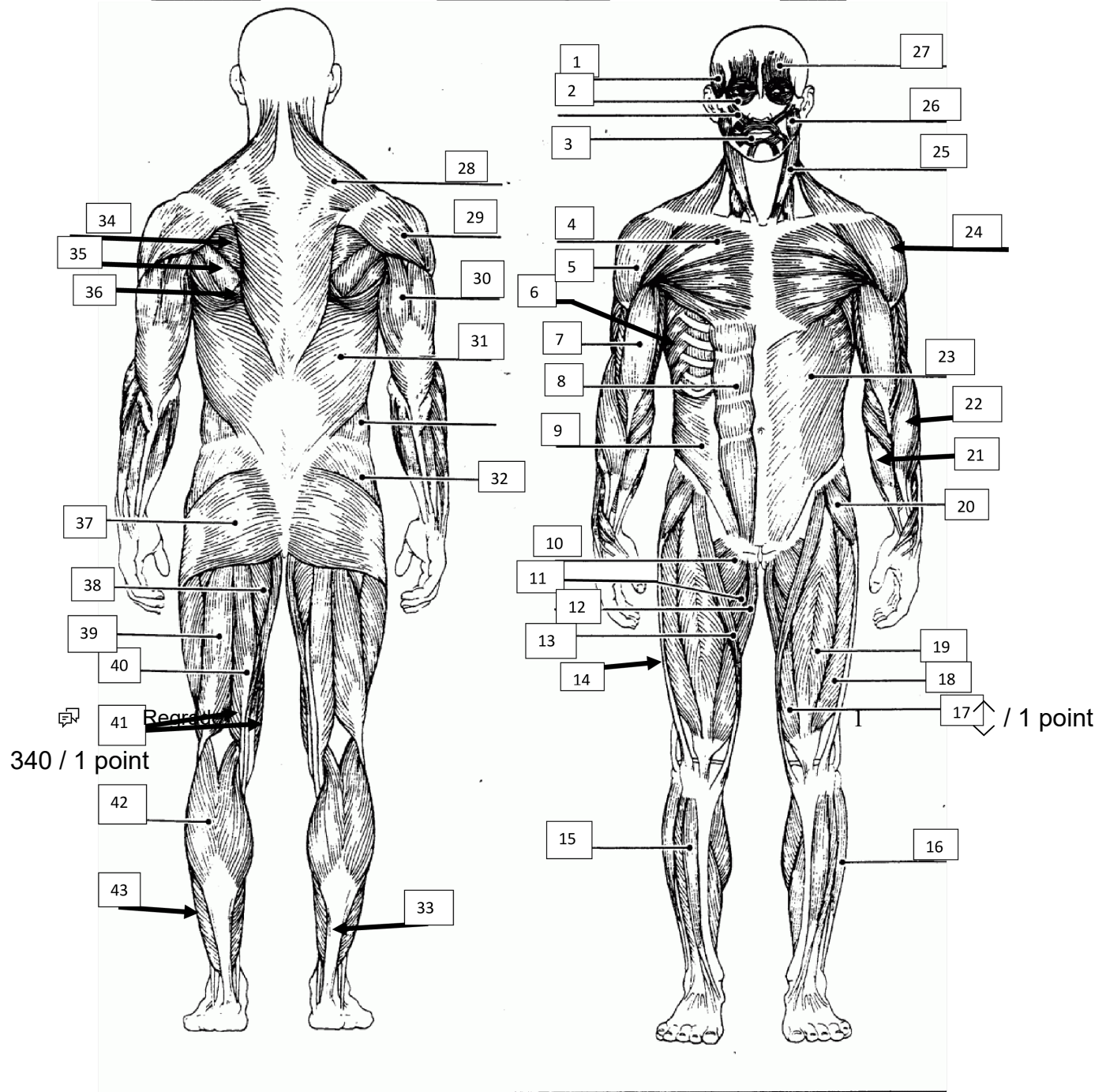
What is number 40?

✓ semitendinoses

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 6?

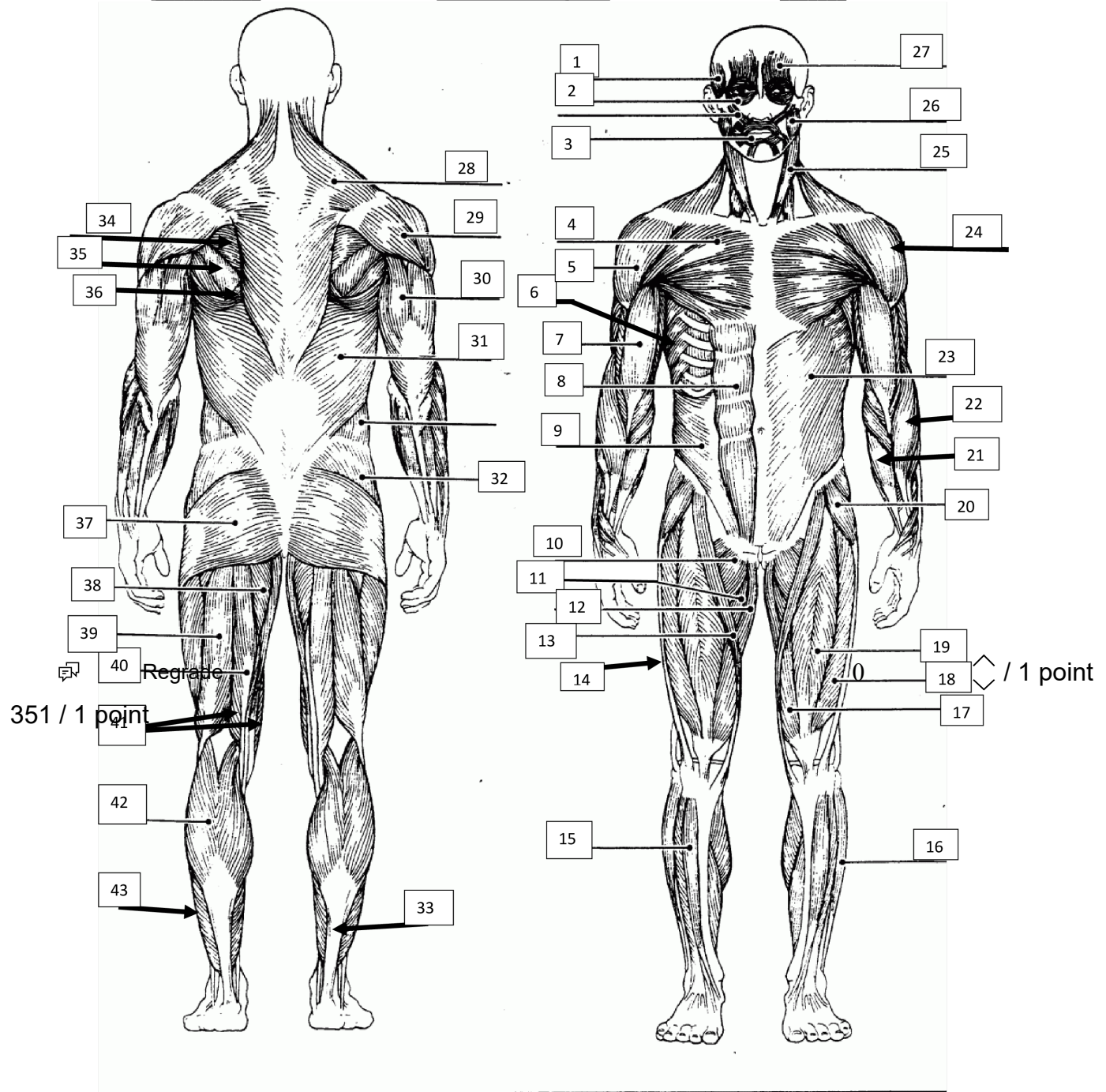
✓ serratus anterior



Name: \_\_\_\_\_

Muscles Labeling Test

Date: \_\_\_\_\_



What is number 20?

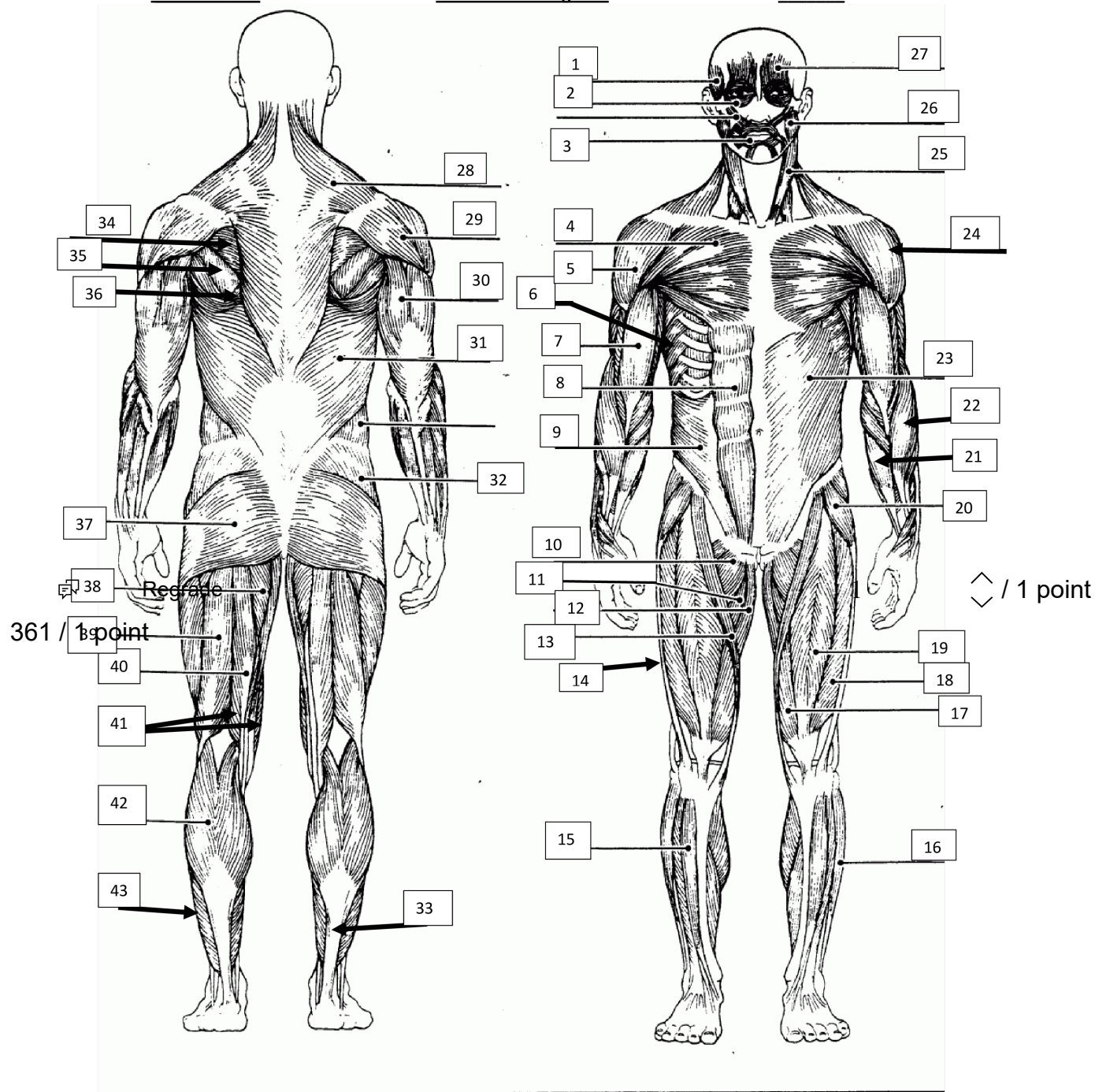
✗ adductor longus

Correct Answer: tensor fasciae latae

Name: \_\_\_\_\_

Muscles Labeling Test

Date: \_\_\_\_\_



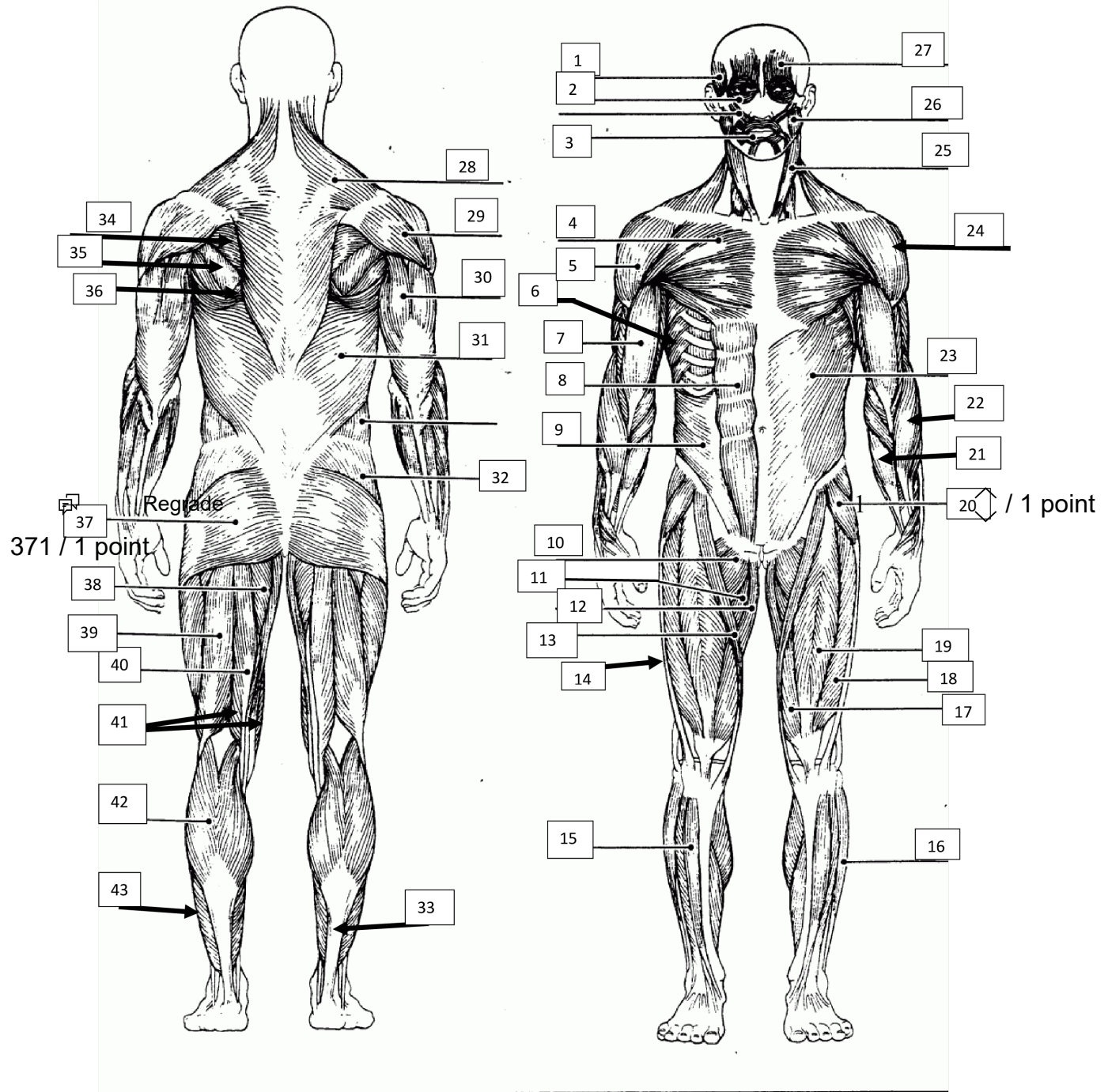
What is number 7?

✓ biceps brachii

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 9?

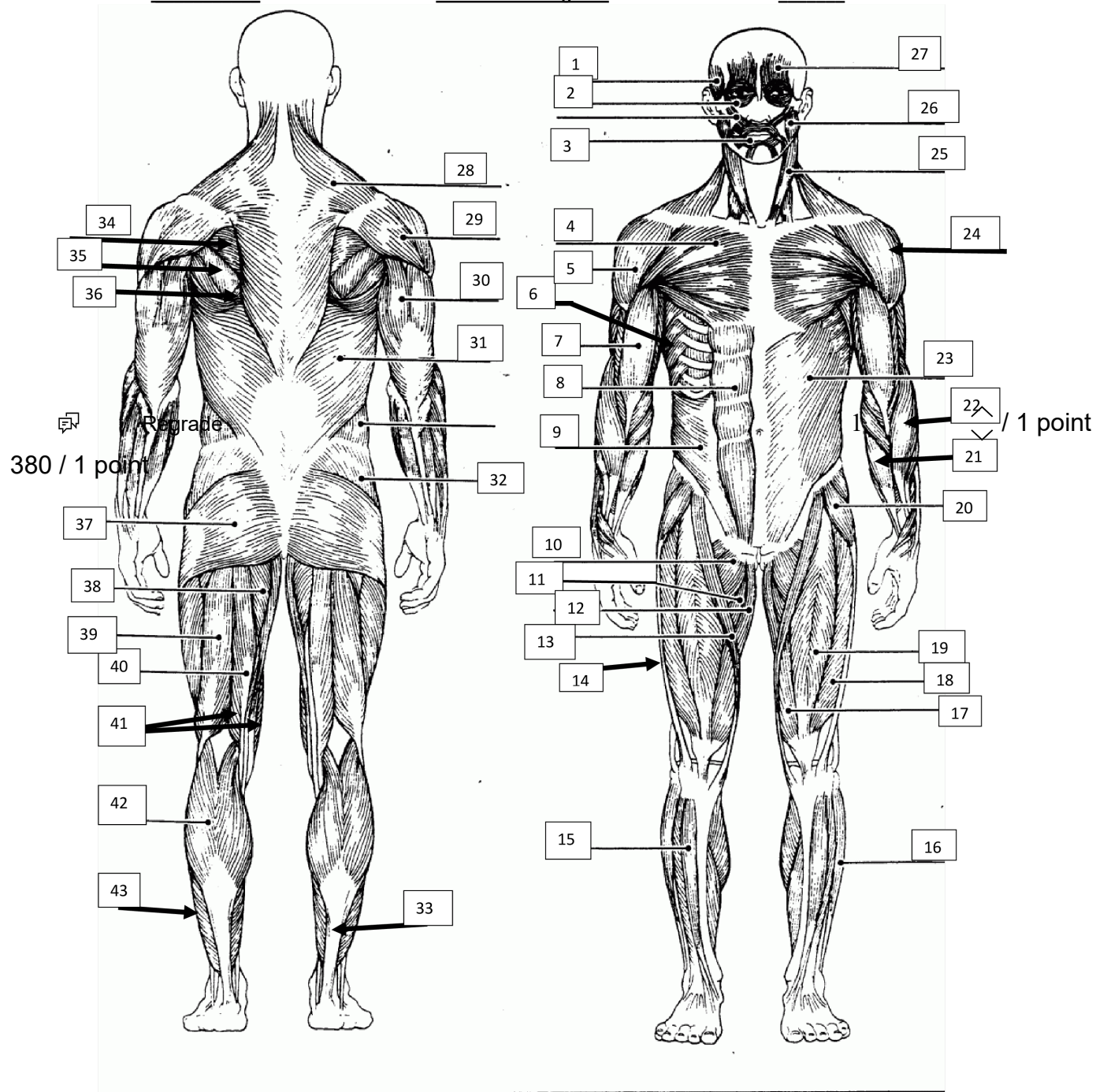
✓ internal obliques



Name: \_\_\_\_\_

Muscles Labeling Test

Date: \_\_\_\_\_



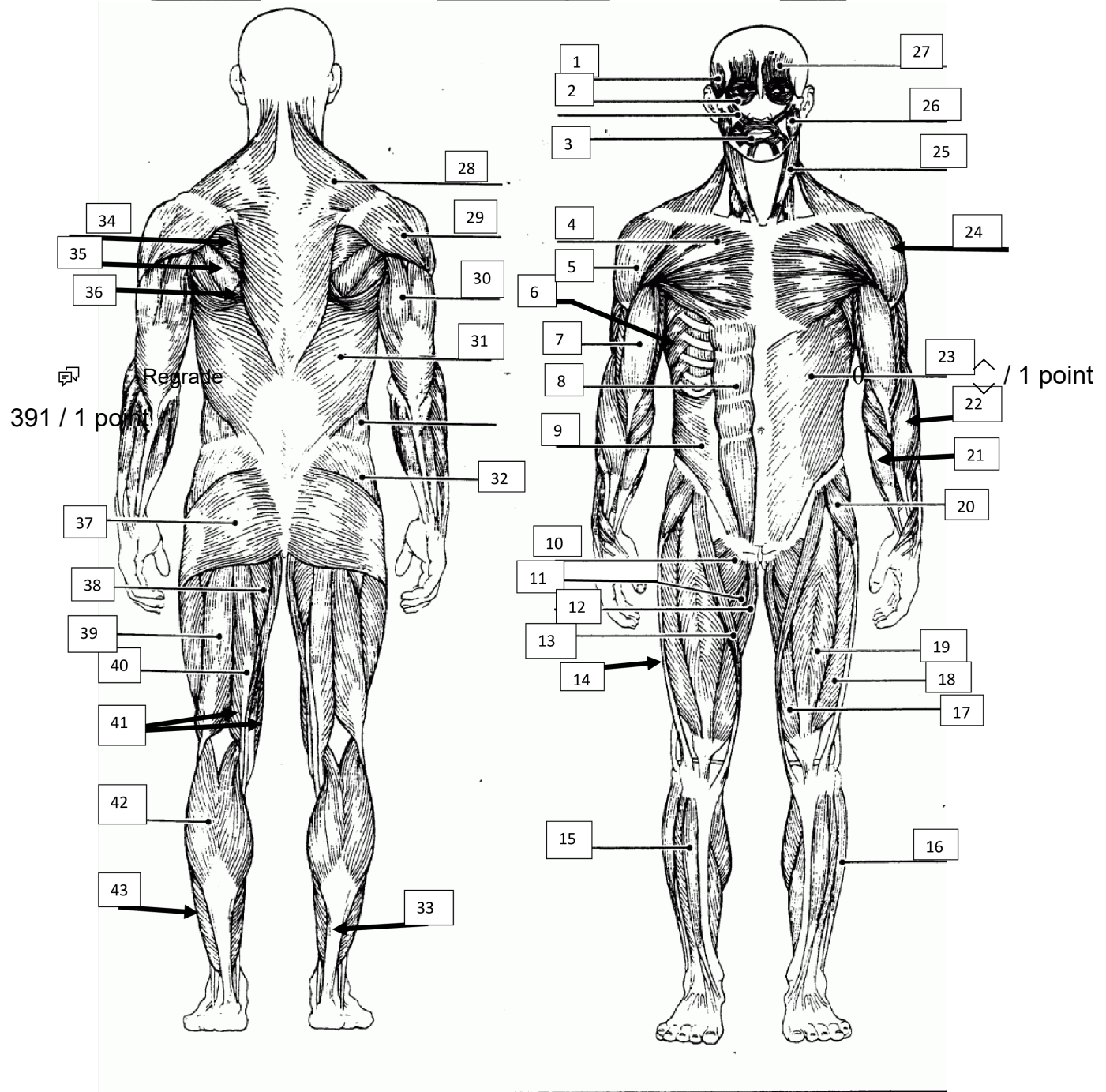
What is number 17?

✓ vastes medialis

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 14?

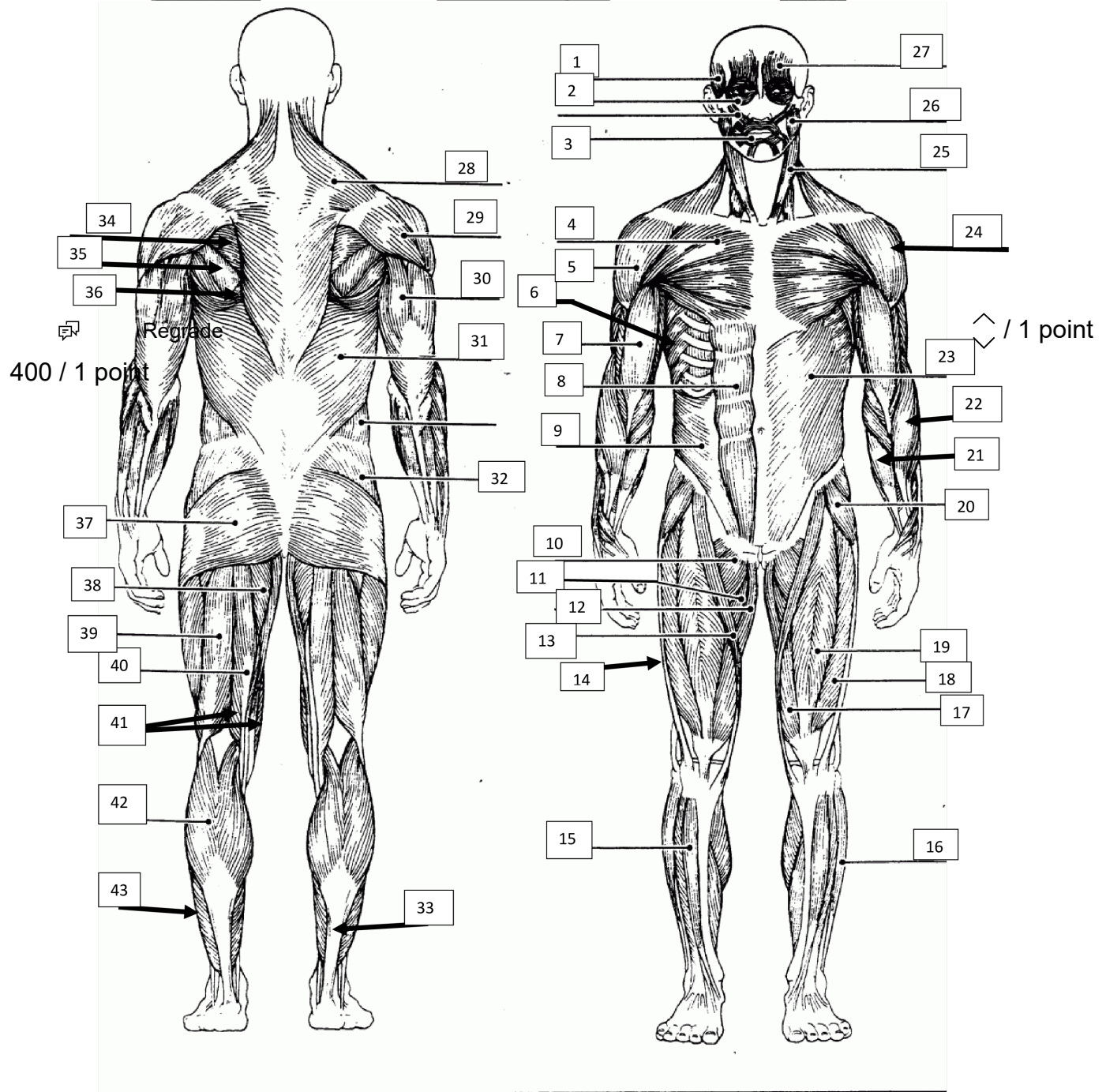
× vastes lateralis

Correct Answer:iliotibial band

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 15?

✗ tibia anterior

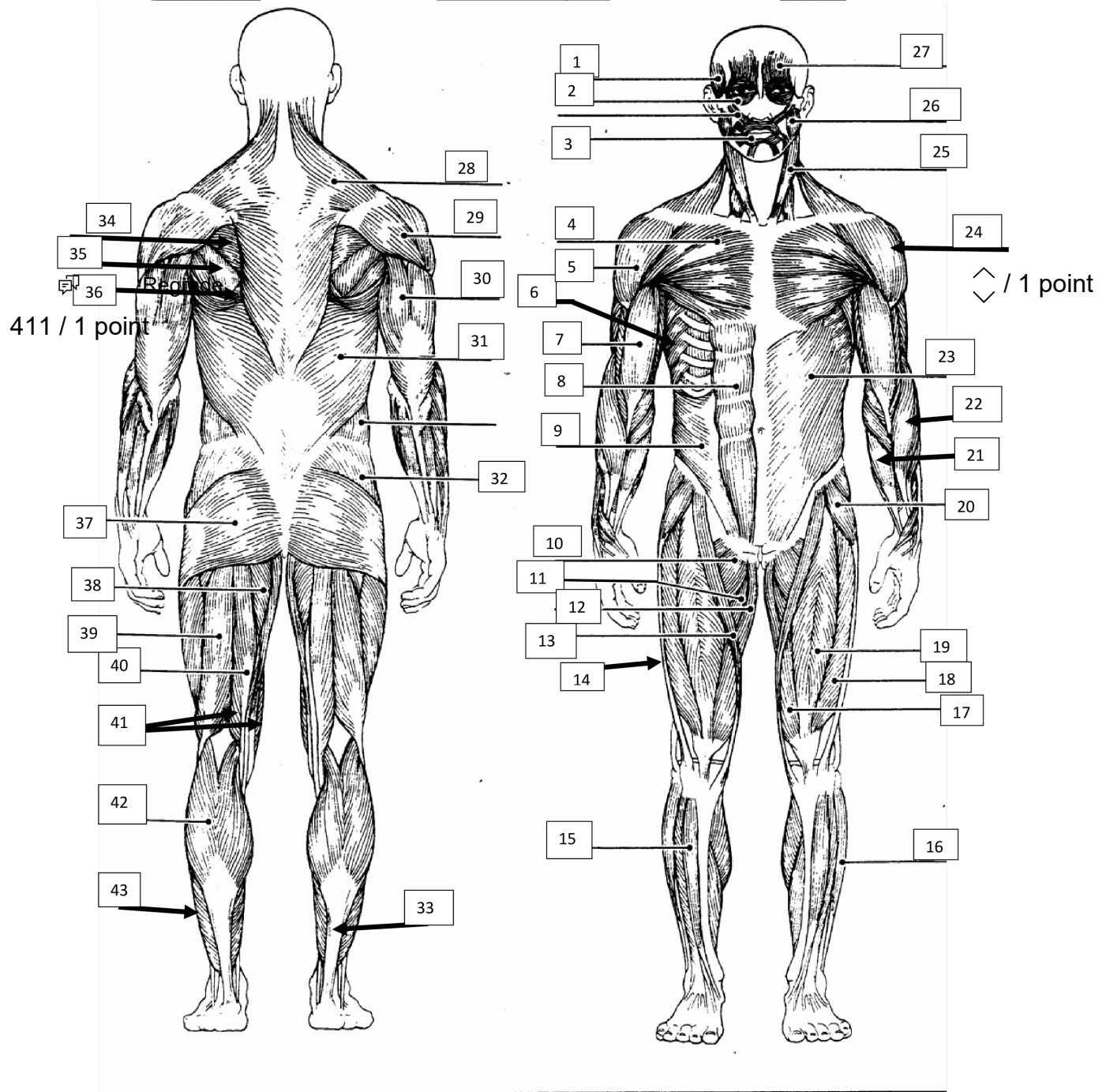
Correct Answer:tibialis anterior



Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 11?

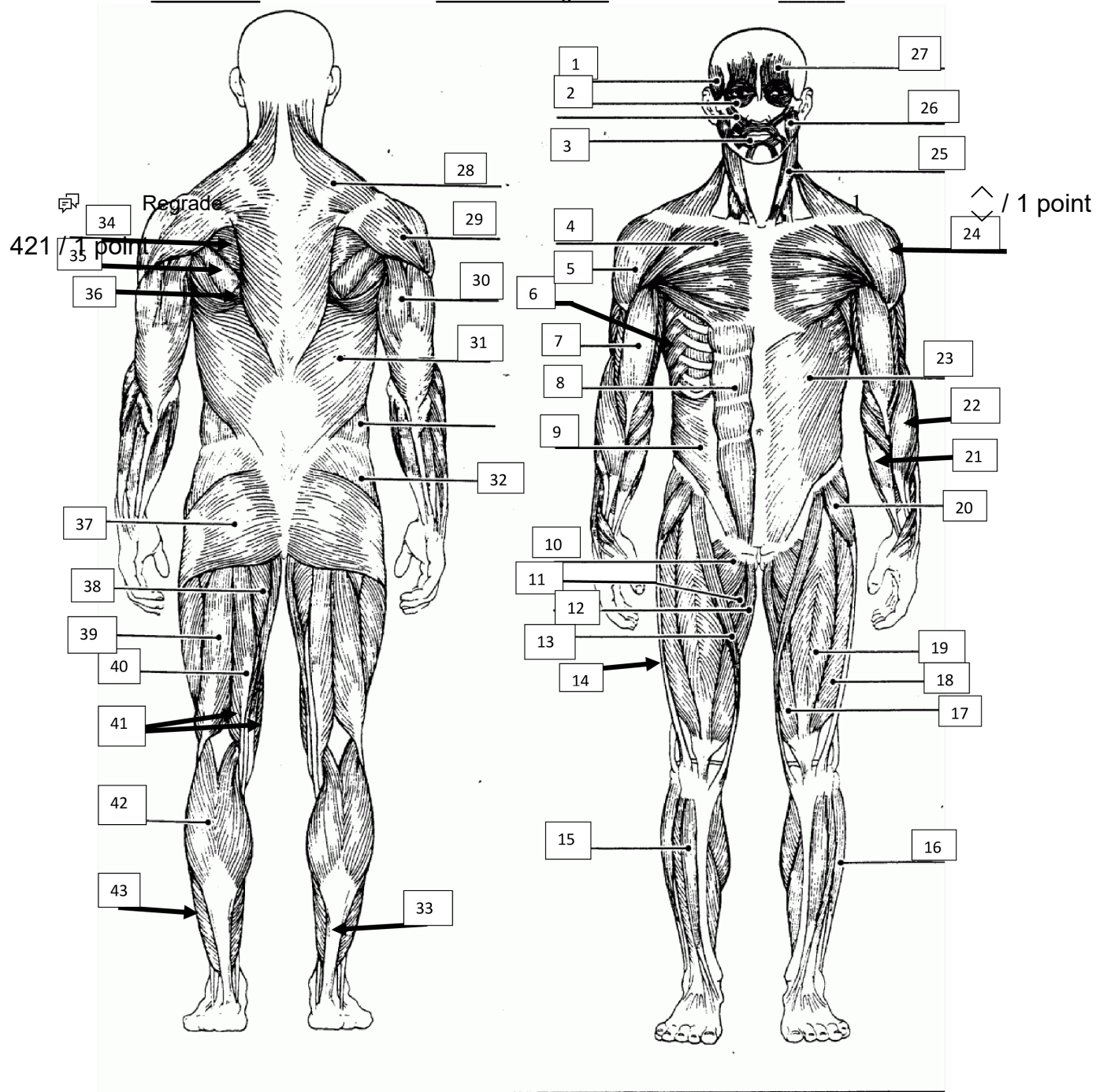
✗ adductor longus

Correct Answer: adductor magnus

Name: \_\_\_\_\_

**Muscles Labeling Test**

Date: \_\_\_\_\_



What is number 43?

✓ soleus

Name: \_\_\_\_\_

Muscles Labeling Test

Date: \_\_\_\_\_

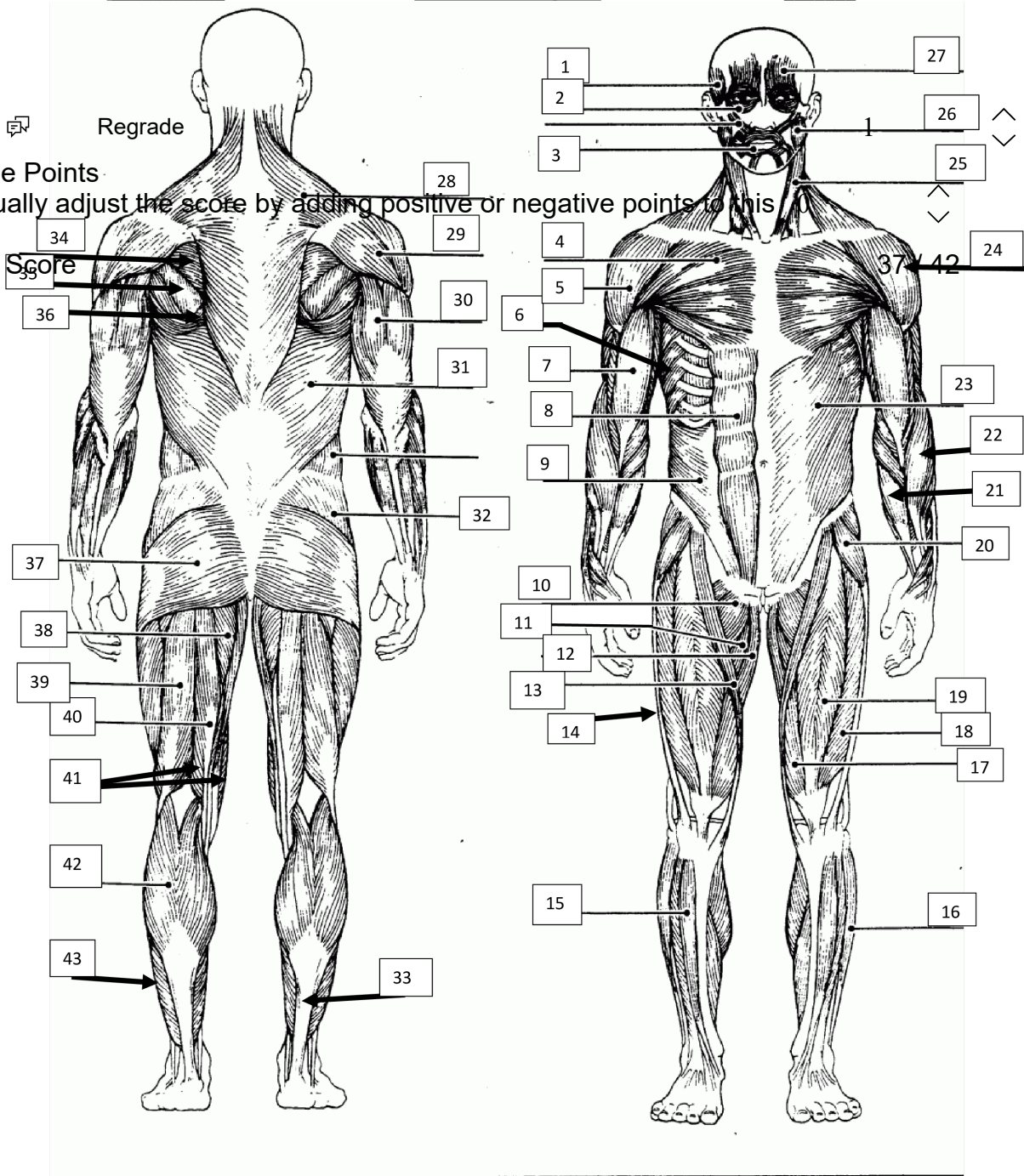


Regrade

## Fudge Points

Manually adjust the score by adding positive or negative points to this box

Final Score



What is number 29?

✓ posterior deltoid

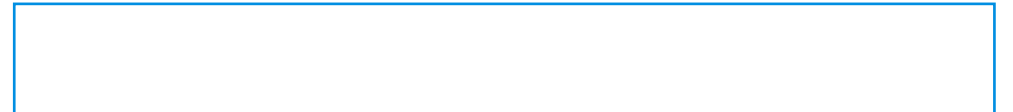


# Muscular System Project: Personal Trainers Guide to Your Workout!

By: Anaya Lofton & Ella Brennan

5th pd

Essentials of Healthcare--Anatomy & Physiology



Anaya's Client: Denzel Ward

Sport: Football

Ex.1  
Seated leg press.

Ex.2  
Hammer curl

Ex.3  
Shoulder press

Ex.4  
Planks

Ex.5  
Step aerobics



## Seated leg press

Step 1: Sit down in the seat and put your feet where the platform is located.

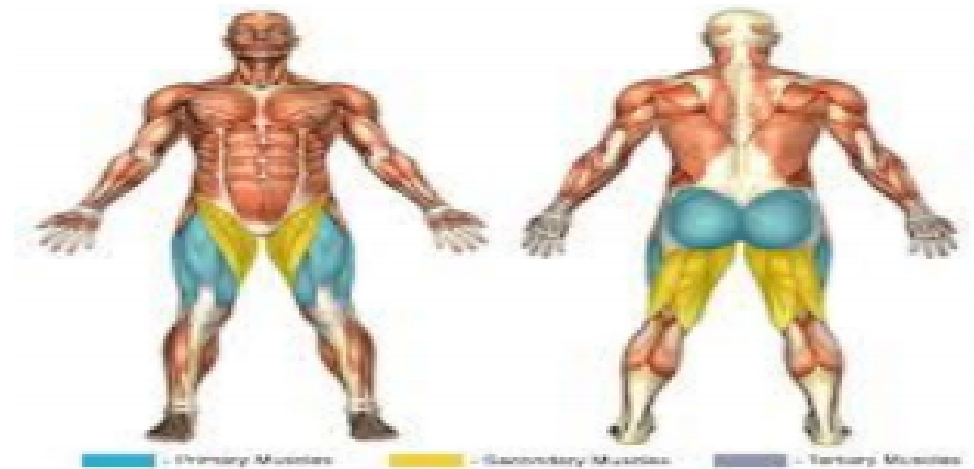
Step 2: Make sure your feet are shoulder width apart and at the height of your chest. Make sure your seat is close enough to where your knees make at least a 90-degree angle.

Step 3: Make sure your knees are facing the ceiling.

Step 4: Use your leg strength to push up the weights.

This workout targets your: Quadriceps

Sets: 3-5 Reps: 12-15 lbs: 168





Step 1: Pick your dumbbell size

Step 2: Hold the dumbbells by your hips

Sep 3: Slowly bend your elbow until you get past a 90-degree angle. Then slowly go back down.

Step 4: Repeat this process.

This workout targets your: Biceps brachialis and brachioradialis.

Sets: 5-6 Reps: 12-15 lbs:35



## Dumbbell Shoulder Press

Step 1: Make sure the bench is sitting straight up/90 degree angle.

Step 2: Have arms up at a 90 degree angle/ the dumbbells should be around your ears.

Step 3: Push weights above your head then slowly brought back down.

Step 4: Repeat this process.

This workout targets your: deltas, traps, and triceps

Sets:2-5 Reps: 8-12 lbs:45



## Planks

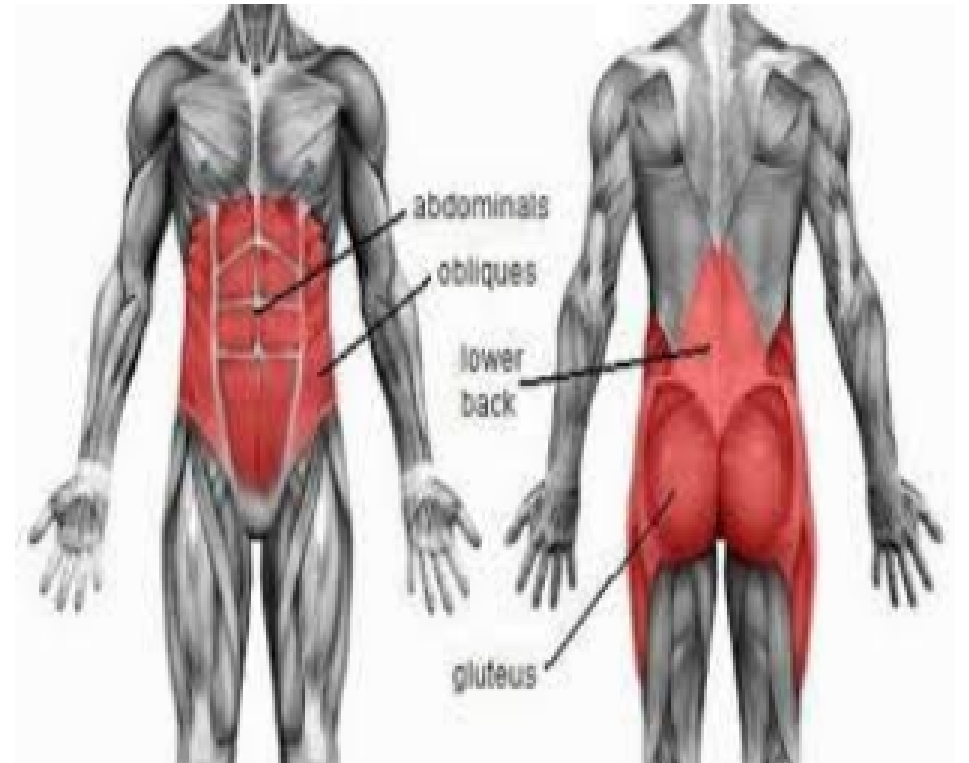
Step 1: Get into push up position but bend your elbows to where your weight is on your forearms.

Step 2: squeeze your core and lower back and hold this position for as long as you can.

Step 3: Repeat this process.

This workout targets your: Abdominals, obliques, lower back, and gluteus

Sets: 4 Reps: 1 minute lbs:none





## Step Aerobics

Step 1: Put your right foot up on the platform then put your left foot up on the platform.

Step 2: Take your right foot down then do the same with your left foot.

Step 3: Repeat this process in a speedy manner.

This workout targets your: soleus, gastrocnemius, Adductor magnus, Quads, and gluteus maximus.

Sets: 10 Reps: 20 lbs: none



Client: Ruben Loftus-Cheek

Sport: Soccer

Ex.1

Hiit on Treadmill

Ex.2

Lateral band walks



## Hiit on Treadmill

Step 1: On a treadmill gradually build your speed to a gentle run for ten minutes.

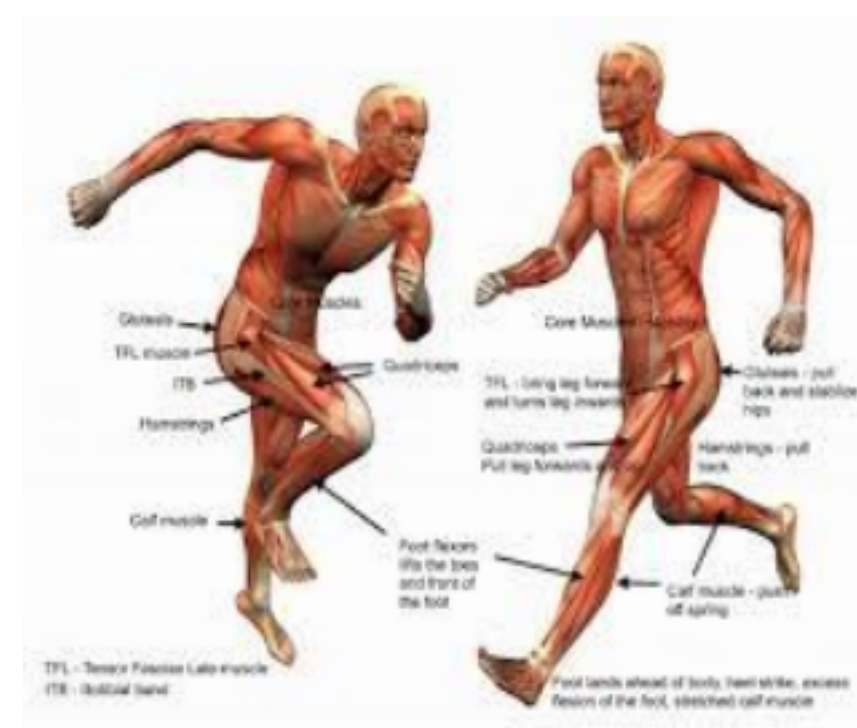
Step 2: Once you have reached ten minutes run your maximum speed for thirty seconds.

Step 3: Go back to jogging for three minutes.

Step 4: Repeat this process.

This workout targets your: external oblique, gluteus maximus, hamstring muscles, gastrocnemius, soleus, achilles tendon, and calcaneals

Sets: 4 Reps: 4 lbs: none





## Lateral Band Walks

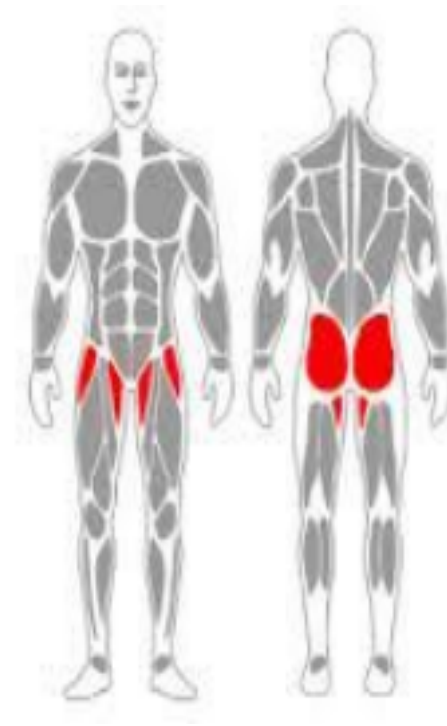
Step 1: Take a resistance band and put it on right above your knees.

Step 2: Slightly bend your knees and keep your feet shoulder length apart.

Step 3: Slowly step your foot to the right, then the left foot follows. Then do the same in the left direction starting with your left foot.

This work out targets your: gluteus medius, and other glutes

Sets: 20 Reps: 6 lbs: none



## Ruben Loftus-Cheek's workout plan

### Exercise 3:

Medicine ball pushups.

### Exercise 4:

Weighted sled pull

### Exercise 5:

Kettlebell reverse lunges



## Ruben Loftus-Cheek's workout plan.

### 1/1 floor exercises- Medicine ball pushups.

#### How to complete:

- Place a medicine ball on the floor, then assume a pushup position with both hands on the ball.
- Position feet slightly apart for balance.
- Slowly lower your body using your arms so that your chest stops just before touching the ball.
- Then, push yourself back up into the starting push up position. Apply even pressure on each side so the ball doesn't roll out from under you.
- Do 3 sets of 10.

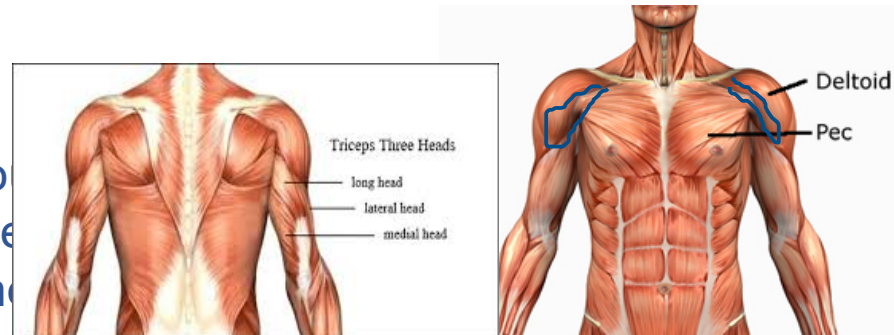


#### Why they are beneficial:

- Push-ups are important for building your core strength. A strong core improves balance so rapid turns can be executed without falling or stumbling. Gareth Bale (another soccer player), incorporates medicine ball push-ups into his routine for that reason.

#### Which muscles they target.

- Pectorals (the muscles in your chest)
- Deltoids (your three-headed shoulder muscles)
- Triceps (the three-headed muscles in the backs of your arms)
- triceps and anterior deltoids (or front shoulder muscles) for arm flexion. (Circled muscle is anterior deltoid and is a synergist)





## ½ of free weight exercises- Weighted sled drags.

### How to complete:

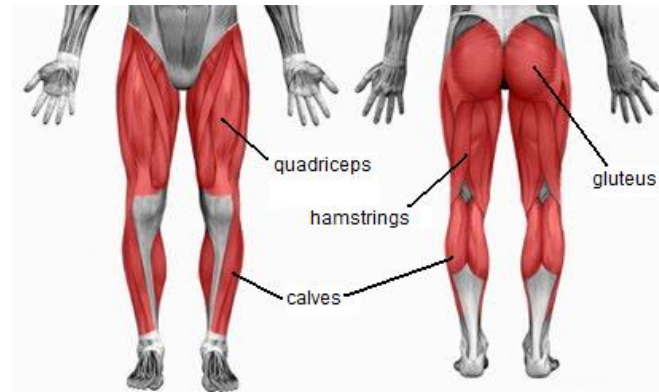
- Attach a harness to your torso that connects to two cords. Connect the cords to a weighted sled.
- Lean forward and start taking small steps, pulling the sled along behind you.
- Pick up speed, start running with longer strides. You'll need to apply consistent pressure and keep speed to prevent the sled from moving from side to side.
- Run about 50 yards one way and then run 50 yards back to your starting place.

### Why they are beneficial:

- The sled drag puts a heavy resistance on the muscles used to propel yourself forward
- Doing these work the muscles that help with acceleration because it increases your power output and ground reaction forces.

### The muscles that are targeted:

- Calves
- Glutes
- Quadriceps
- Hamstrings



## 2/2 of free weight exercises- Kettlebell reverse lunges

### How to complete:

- Hold the kettlebell upside down at its base, keeping back straight and leaning forward slightly to replicate the body's alignment during a sprint.
- Lunge backward with one leg.
- Keep the front knee above the front ankle.
- Push off on your back leg to return to starting position.
- Switch sides and repeat for one rep.
- Do 3 sets of 15 reps.

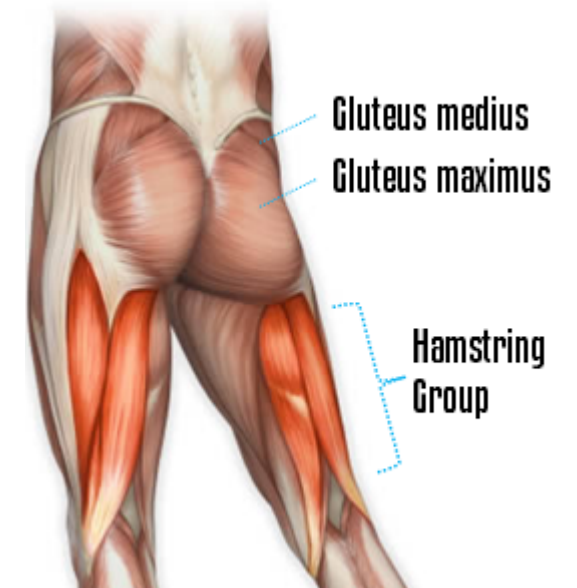
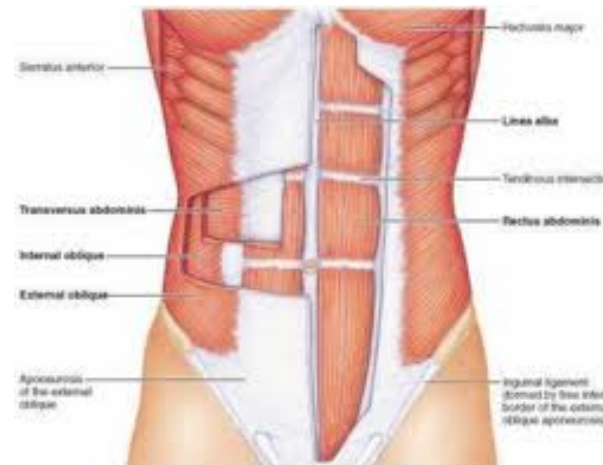


### Why they are beneficial:

- Increases leg strength and postural control to help players go from jogging to sprinting toward the goal once they, or a teammate, has the ball.

### Muscles targeted:

- Core
- Glutes
- Hamstrings



# Client- *Ning Zetao*

*Exercise 1*  
*Bench press*

*Exercise 2*  
*Russian twists*

*Exercise 3*  
*Medicine ball slam*

*Exercise 4*  
*superman*

*Exercise 5*  
*pilates*





## 1/1 Machine exercise- Bench press

How to complete:

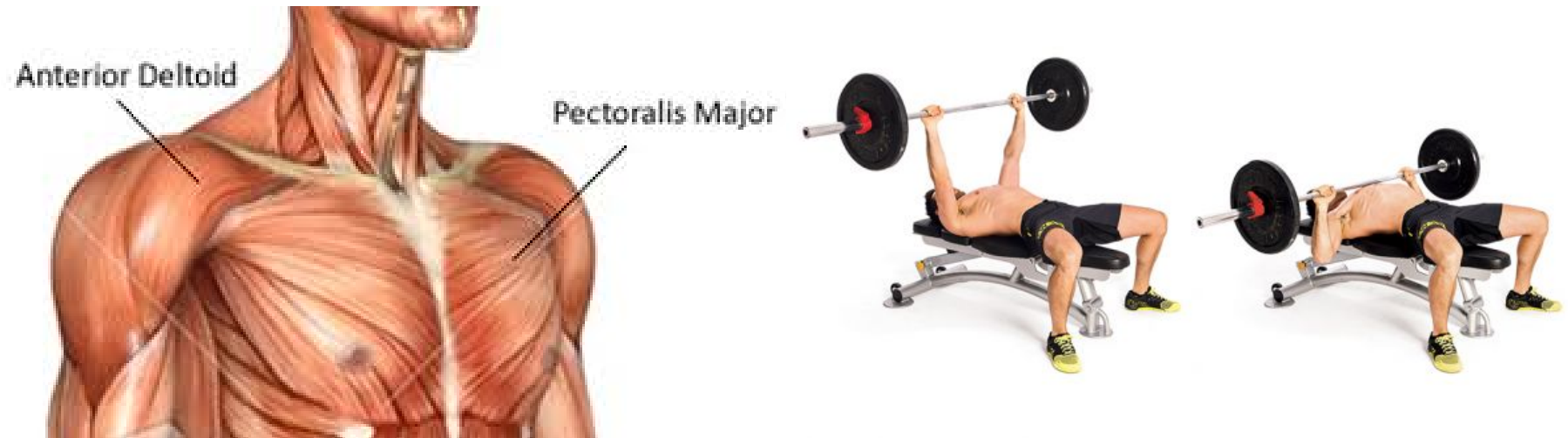
- Start by laying on the bench so your eyes underneath the bar.
- Grab the bar and make sure that your thumbs are wrapped around it.
- Squeeze your shoulder blades together and brace your core, then straighten your arms to unrack the bar.
- Lower it down until at your mid-chest and then push back up to the starting position.
- keep everything controlled.

Why they are beneficial:

- It is great at strengthening the chest and tricep muscles.
- It's also good for developing arm power which is helpful when swimming.

Muscles targeted:

- **pectoralis major**
- **anterior** deltoids
- **Triceps**



## 1 / 2 Free weight exercise- Russian twists

How to complete:

- Start by sitting on the floor with knees bent.
- Next you lift your feet a few inches off the ground.
- lean backwards with your back.
- Hold a weight of your choice in your hands and twist your torso to one side, then to the other.
- Avoid using momentum or swaying your feet.
- 3 reps of 15

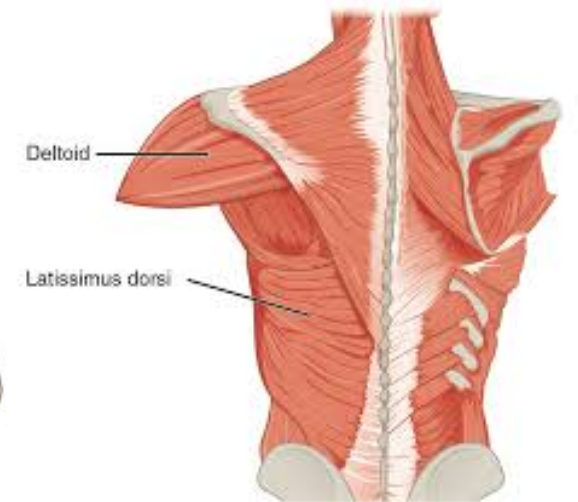
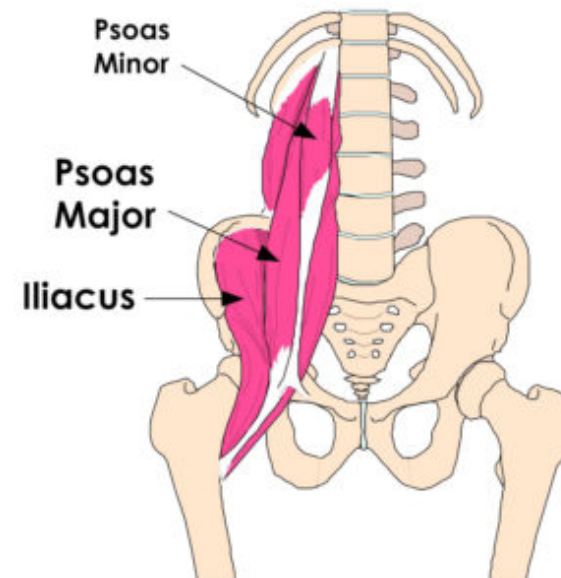
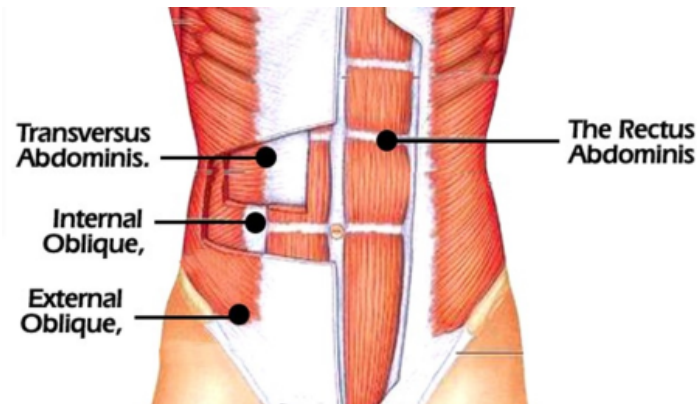


Why they are beneficial:

- They strengthen the obliques but is also great for strengthening the general abdominal muscle area. The Russian twist will allow you to improve the rotational motion of your Freestyle swim pull power, since the obliques are heavily involved during this movement pattern.

Muscles that are targeted:

- obliques.
- rectus abdominis.
- hip flexors.
- latissimus dorsi.



## 2 / 2 Free weight exercises- Medicine ball slam

How to complete:

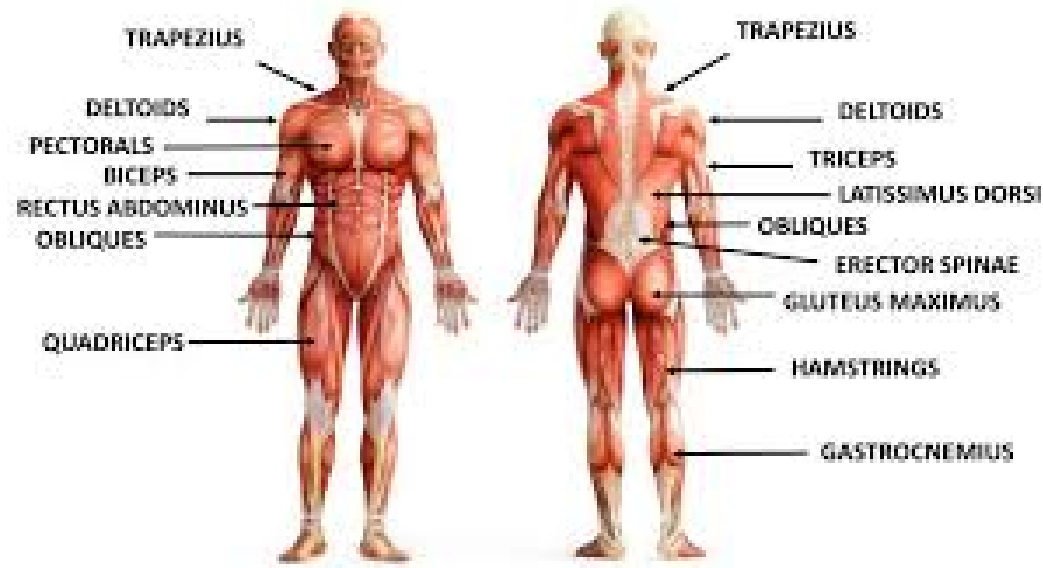
- Stand in a stable position with feet shoulder width apart while holding the medicine ball in front of you.
- Lift it up overhead
- slam it down as hard as possible.
- Drop into a slight squat and catch it as you prepare to do another rep.

Why they are beneficial:

- The medicine ball slam will strengthen the arms and back, while getting your heart rate up.

Muscles targeted:

- Deltoids
- **Triceps**
- **Glutes**
- Hamstrings
- **quads**





## 1 / 1 Floor exercise- "supperman"

How to complete:

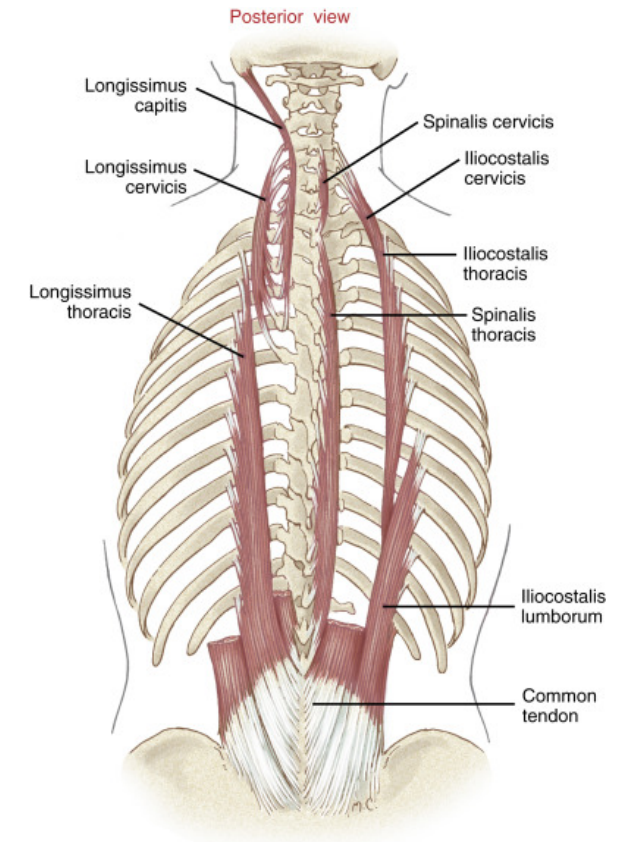
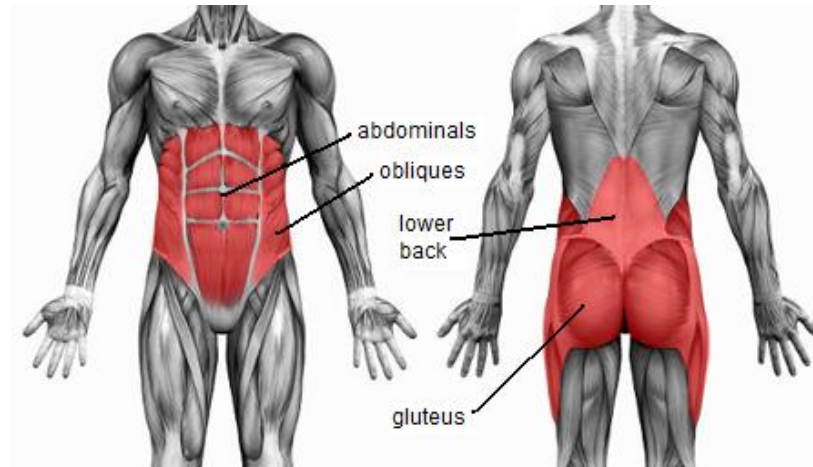
- Lay face down on the ground, arms straight out above your head.
- Tighten your glutes and pull in your belly button.
- Lift your left arm while also raising your right leg. Hold for a three-count.
- Switch to the opposite arm-leg combo.
- Don't drop your arms and legs.

Why they are beneficial:

- developing scapular stability and developing and retaining good posture.

Muscles targeted:

- Obliques
- lower back
- erector spinae
- glutes



## 1 / 1 exercise class- pilates

### How to complete:

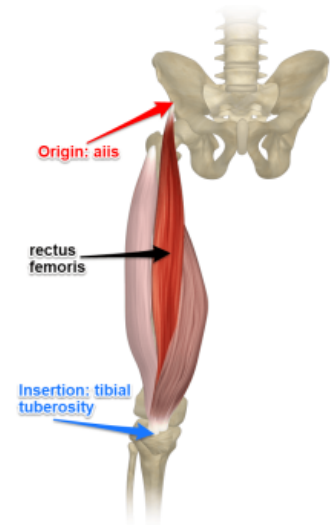
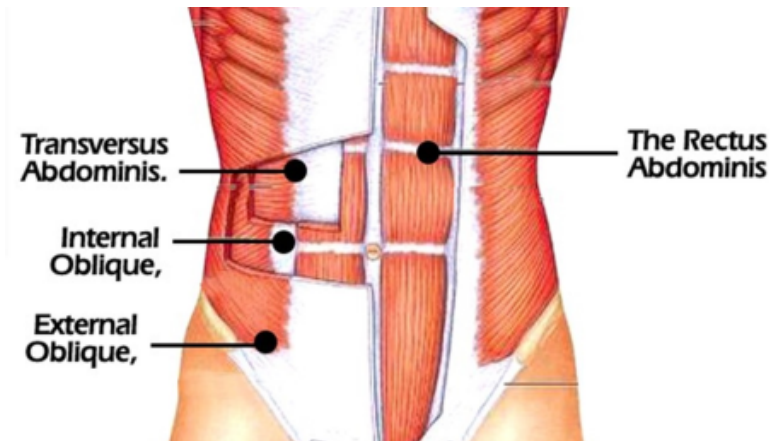
- Pull out a gym mat and get ready to do a series of movements that will stabilize and strengthen your core.
- The exercises are usually done in a specific order, one right after another.
- You can do **Pilates** on an **exercise** mat, either in a class or at home, using a DVD. Or you can go to a gym or studio that has special equipment, a class, or a trainer who can supervise you.
- **Pilates** classes typically take 45 minutes to an hour, but you can do fewer moves in less time.

### Why it is beneficial:

- improved flexibility
- increased muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks
- enhanced muscular control of your back and limbs
- improved stabilisation of your spine

### Muscles it targets:

- the rectus abdominis
- external obliques
- rectus femoris



# Citations

<https://www.dwfitnessfirst.com/inside-track/fitness/the-best-gym-workouts-for-footballers/>  
<https://www.openfit.com/medicine-ball-push-ups> <https://www.jonbarron.org/article/human-anatomy-physics-muscles> <https://www.thetrendspotter.net/best-tricep-workouts/> <https://mosaic-health.com/2015/01/04/the-anatomy-of-a-push-up/> <https://www.muscleandfitness.com/workouts/workout-routines/unlock-new-strength-gains-sled/>  
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<https://totalworkout.fitness/en/exercise/10121> <https://furthermore.equinox.com/articles/2018/07/soccer-player-drills>  
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<https://www.healthline.com/health/russian-twist>  
<https://greatist.com/health/superman-exercise#benefits>



# Skeletal Labeling Test Results for Connor Michel

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Score for this quiz: **40.5** out of 41

Submitted Oct 7, 2020 at 8:35am

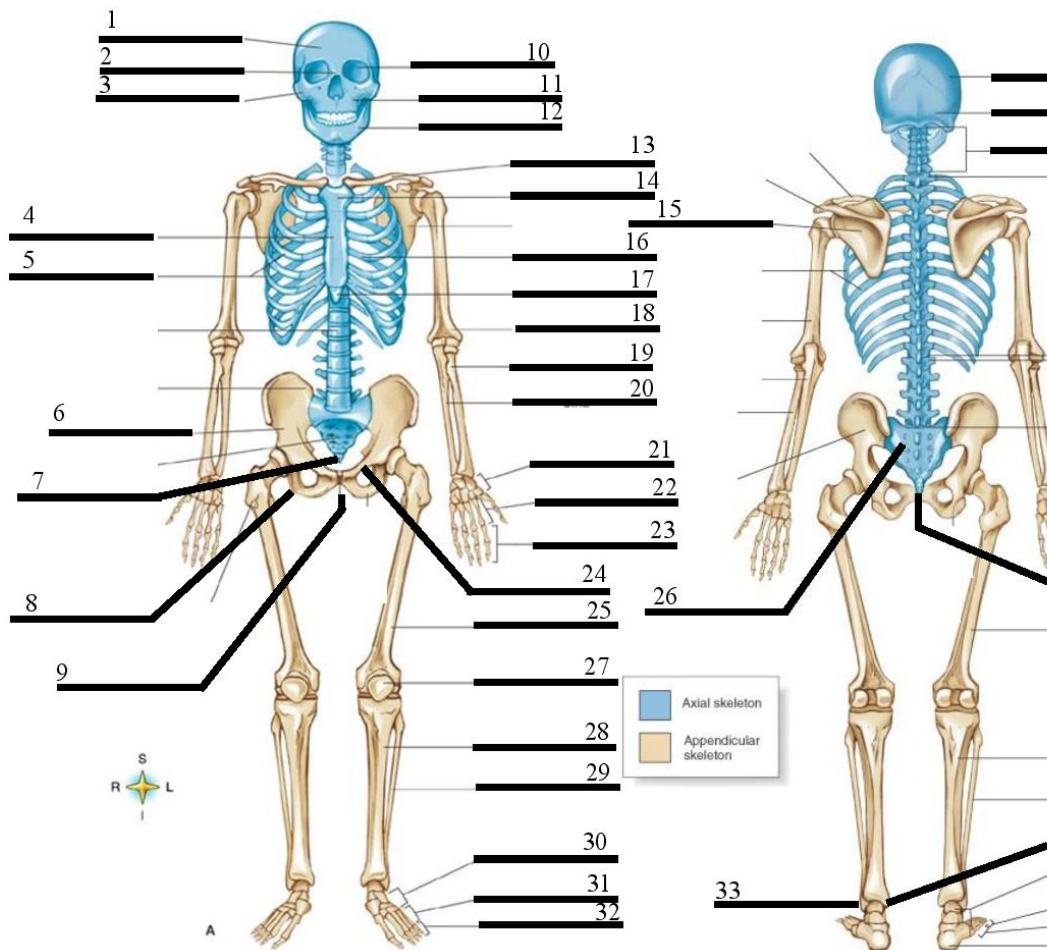
This attempt took 12 minutes.

## Question 1

1 / 1 pts

What is number 1?

### Bones Labeling Test



Correct!

frontal

**Correct Answers**

Frontal

frontal

Additional Comments:

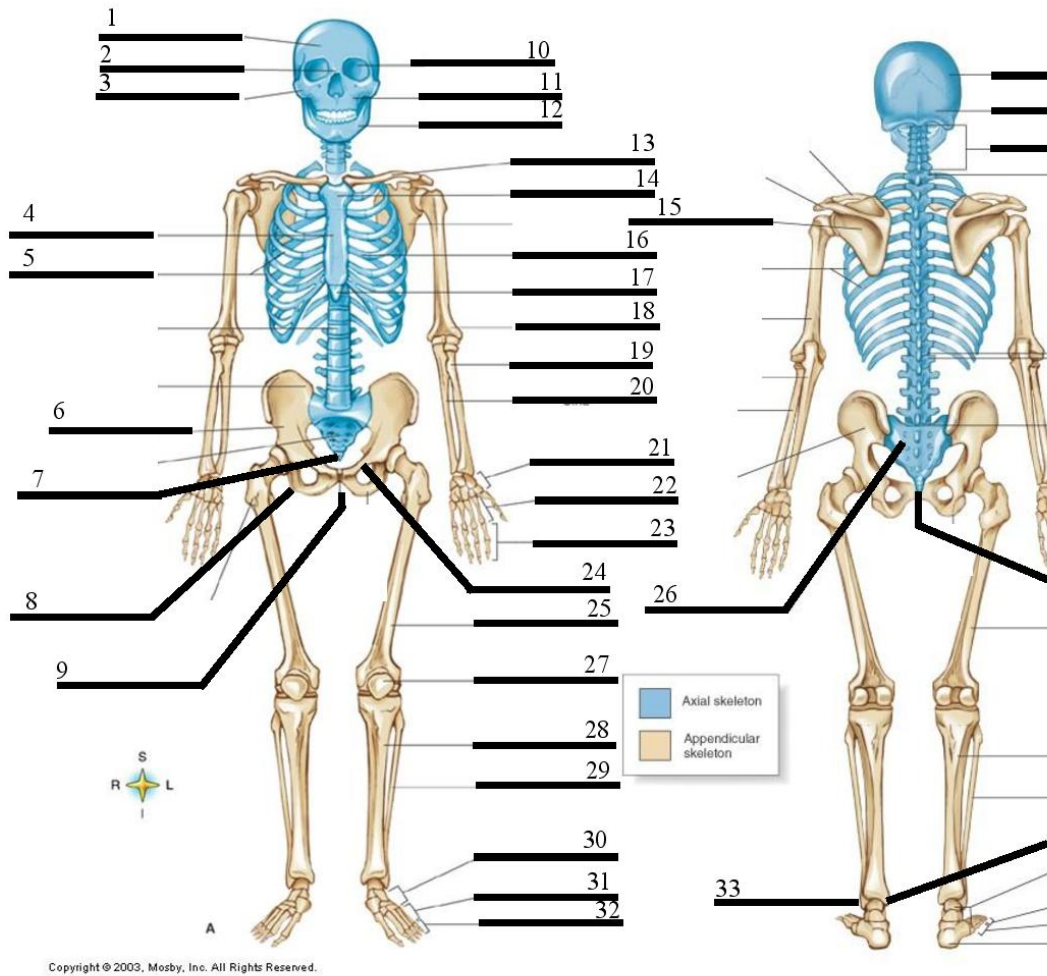
**Question 2**

1 / 1 pts

What is number 2?



## Bones Labeling Test



Correct!

nasal

Correct Answers

nasal

Nasal

Additional Comments:

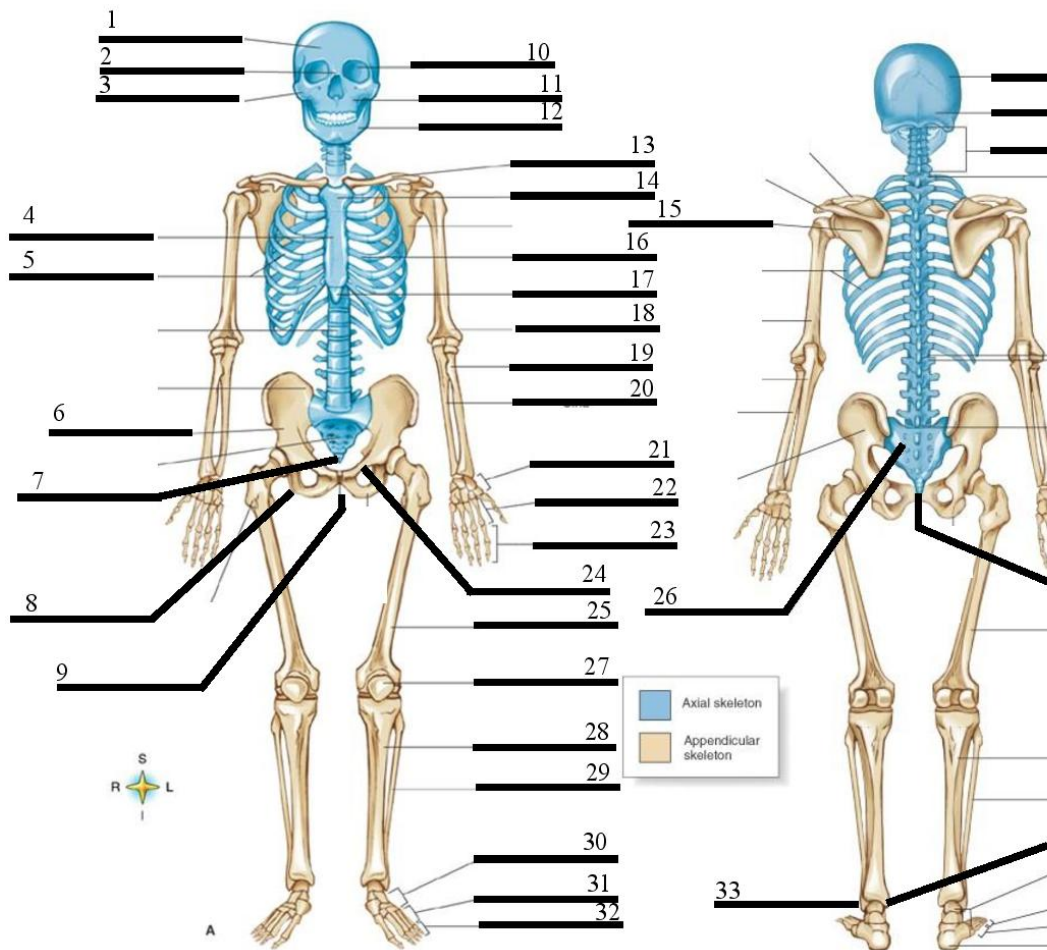
Question 3

1

 / 1 pts

What is number 3?

### Bones Labeling Test



Correct!

zygomatic



**Correct Answers**

Zygomatic

zygomatic

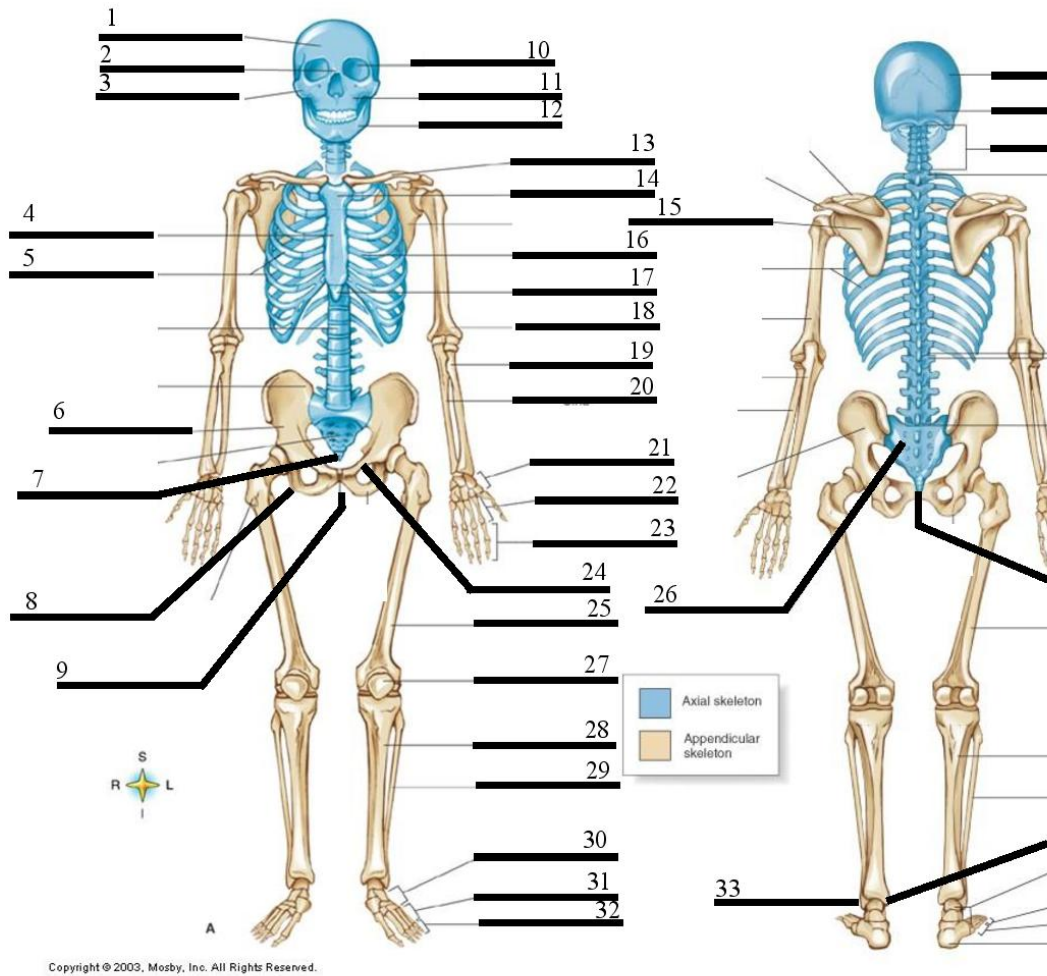
Additional Comments:

**Question 4**

1 / 1 pts

What is number 4?

## Bones Labeling Test



Correct!

body of sternum

Correct Answers

body

body of sternum

Additional Comments:

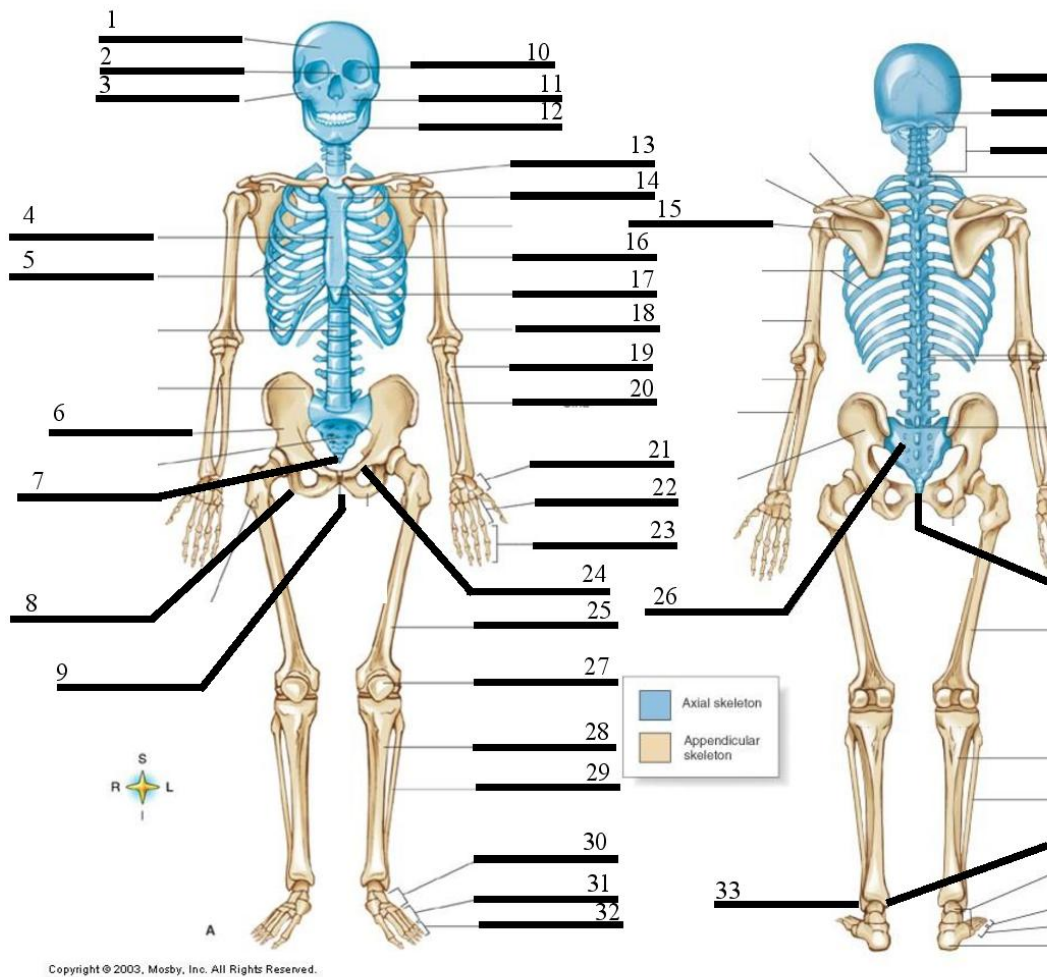
## Question 5

1 / 1 pts



What is number 5?

## Bones Labeling Test



Correct!

ribs

**Correct Answers**

ribs

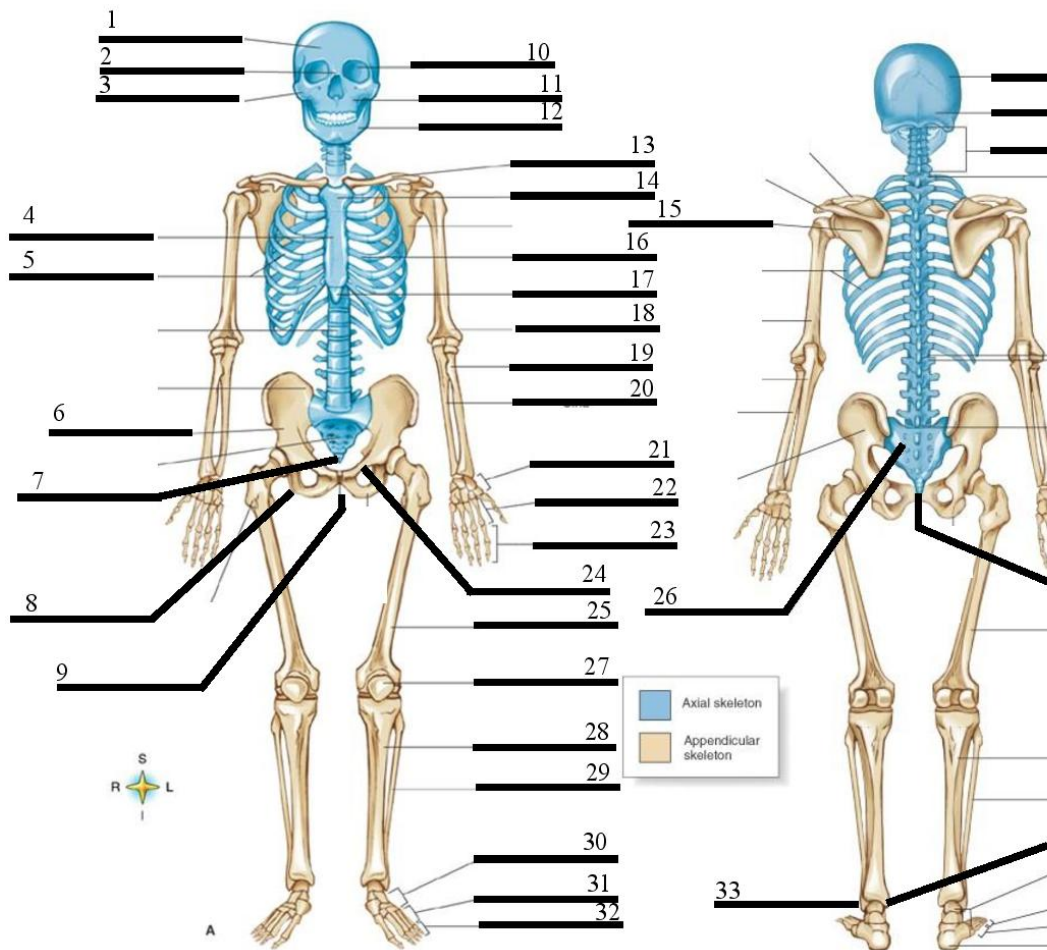
Additional Comments:

**Question 6**

1 / 1 pts

What is number 6?

### Bones Labeling Test



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Correct!

ilium



**Correct Answers**

ilium

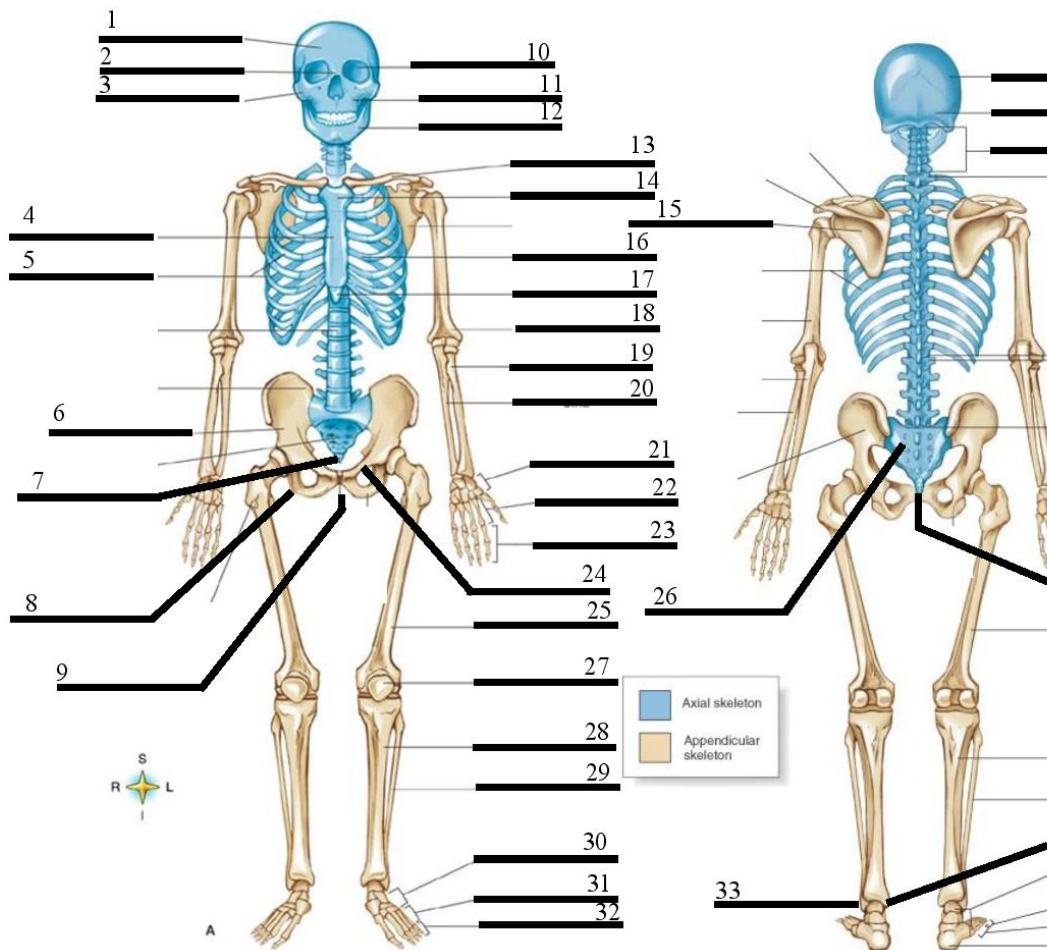
Additional Comments:

**Question 7**

1 / 1 pts

What is number 7?

### Bones Labeling Test



Correct!

coccyx

**Correct Answers**

coccyx

Additional Comments:

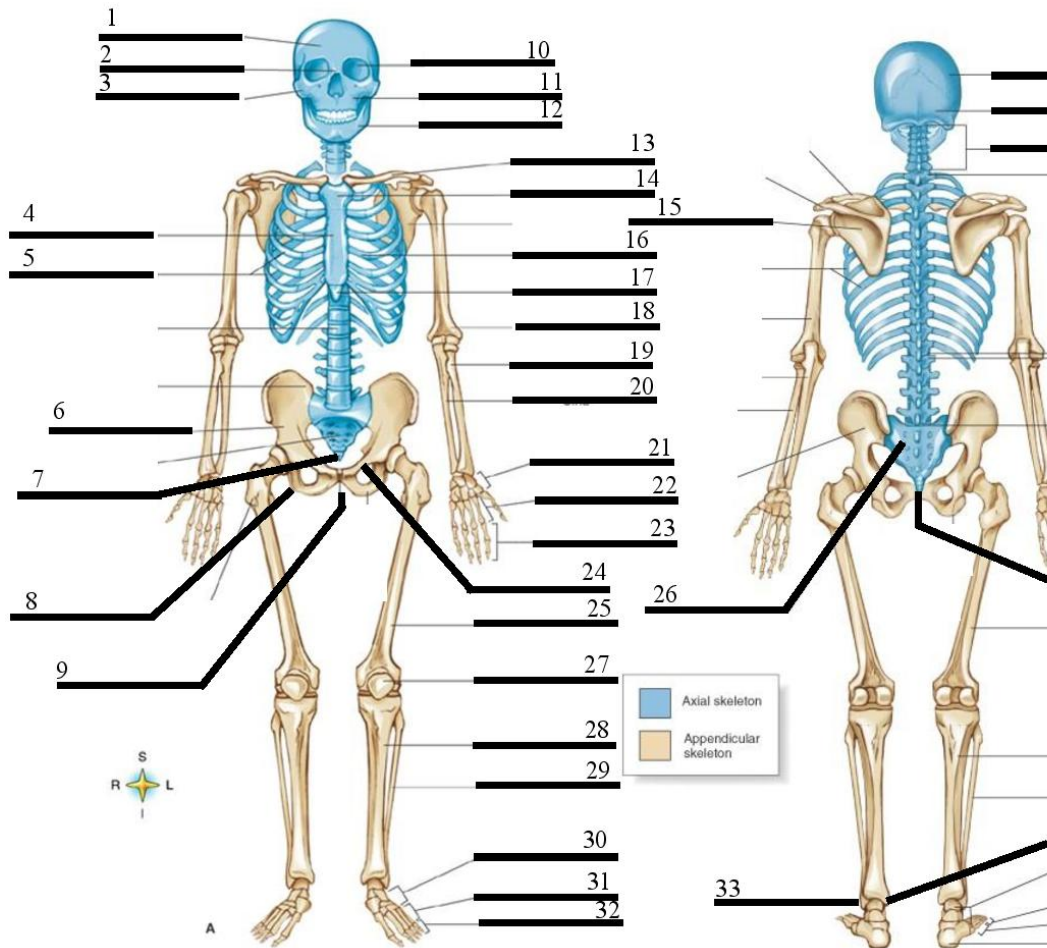
**Question 8**

1 / 1 pts



What is number 8?

### Bones Labeling Test



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Correct!

ischium

**Correct Answers**

ischium

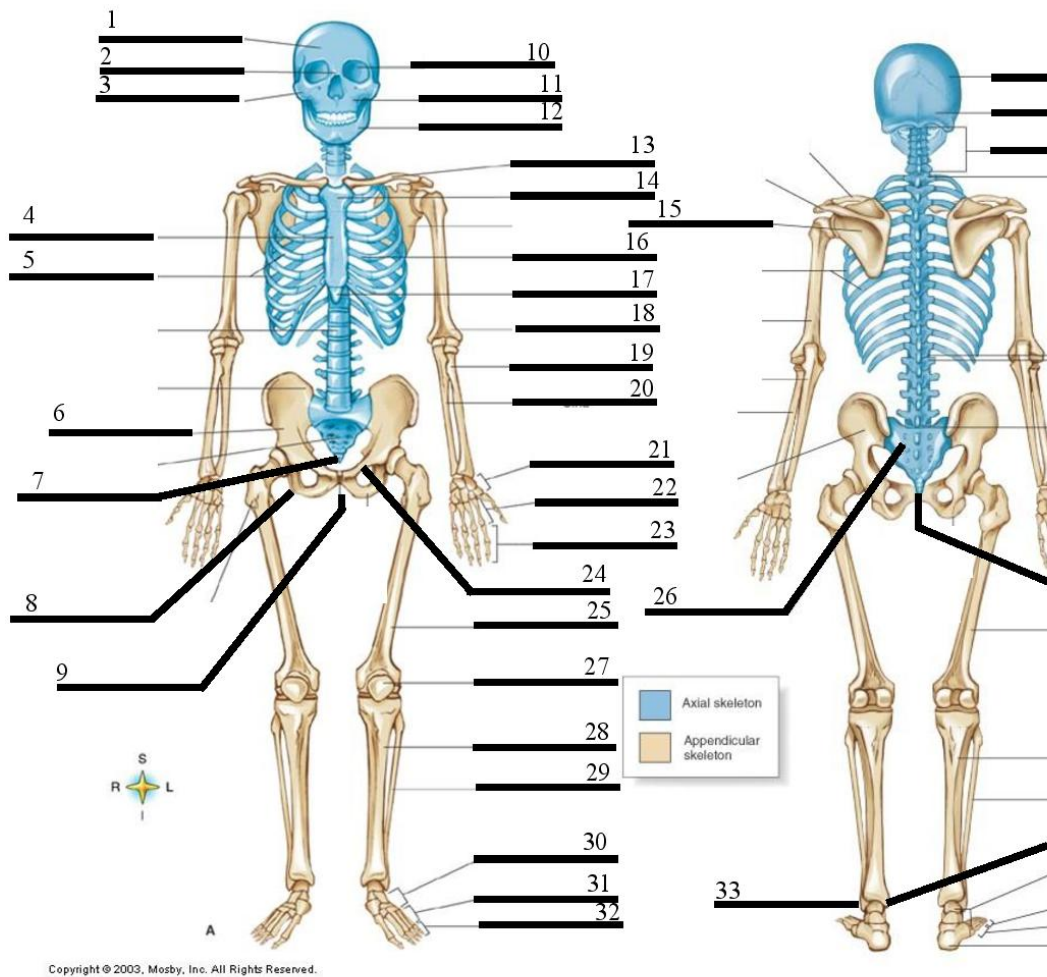
Additional Comments:

**Question 9**

1 / 1 pts

What is number 9?

### Bones Labeling Test



ou Answered

pubic symphysis

**Correct Answers**

pubic symphysis

Additional Comments:

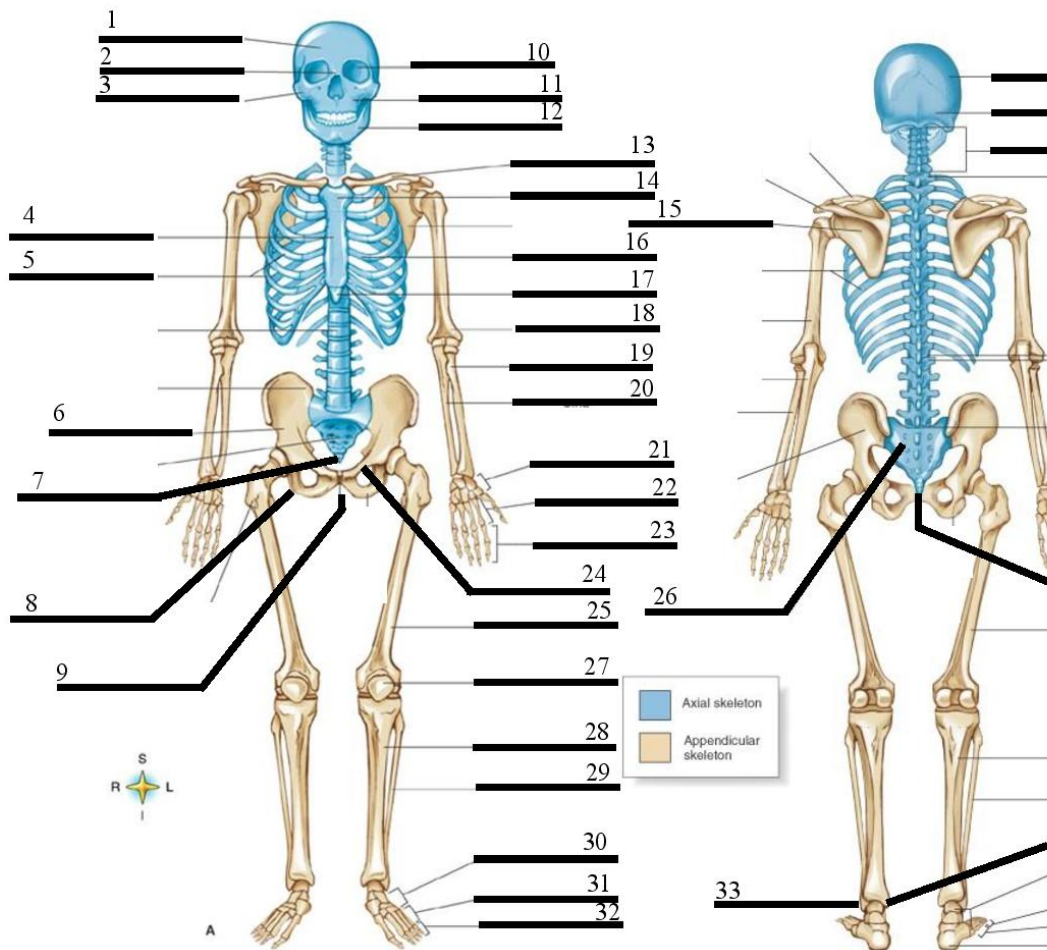
**Question 10**

1 / 1 pts



What is number 10?

### Bones Labeling Test



Correct!

orbital

**Correct Answers**

orbital

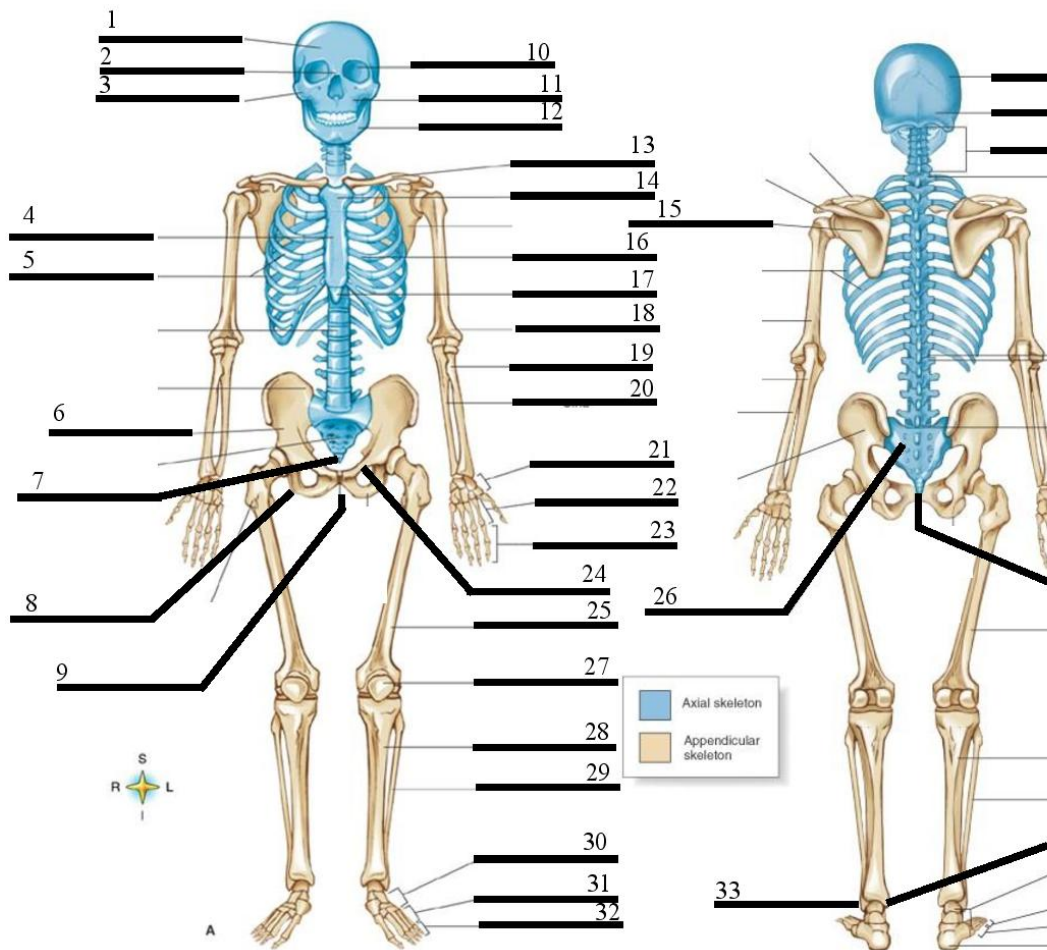
Additional Comments:

**Question 11**

1 / 1 pts

What is number 11?

### Bones Labeling Test



Correct!

maxilla

**Correct Answers**

maxilla

Additional Comments:

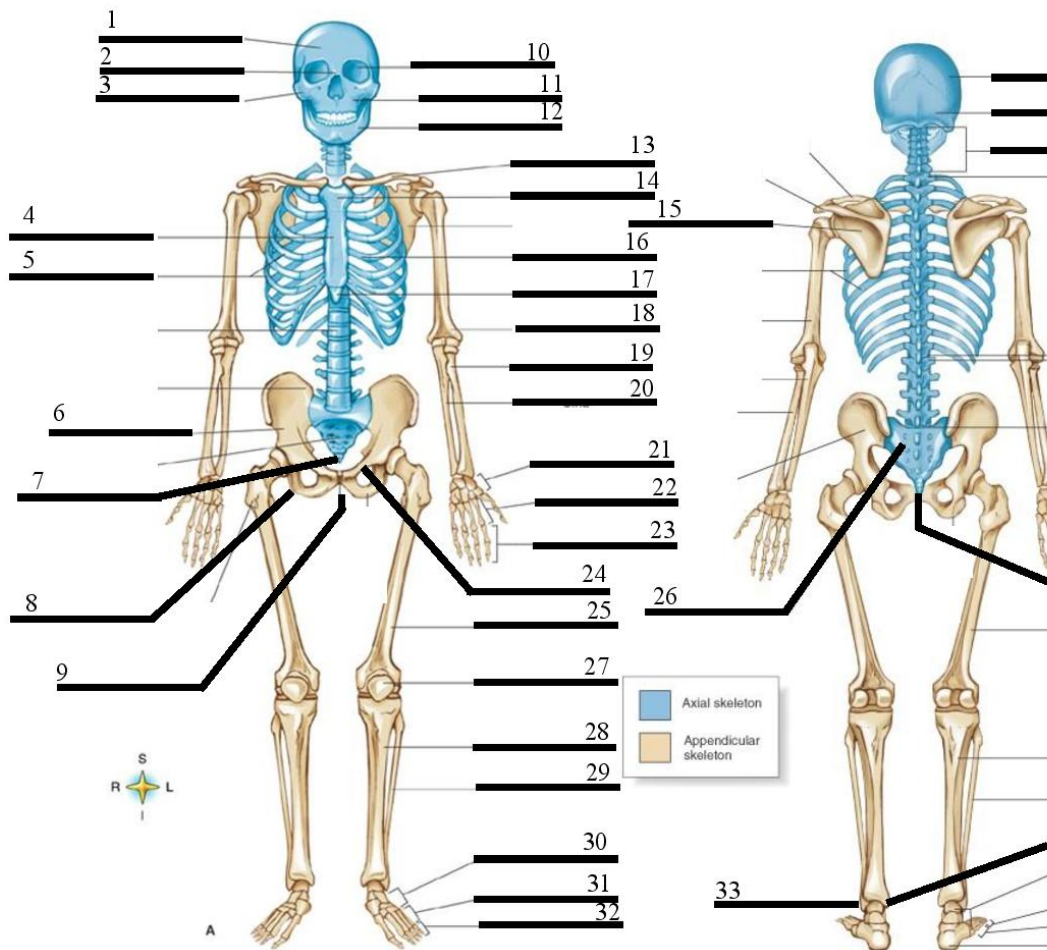
**Question 12**

1 / 1 pts



What is number 12?

### Bones Labeling Test



Correct!

mandible

**Correct Answers**

mandible

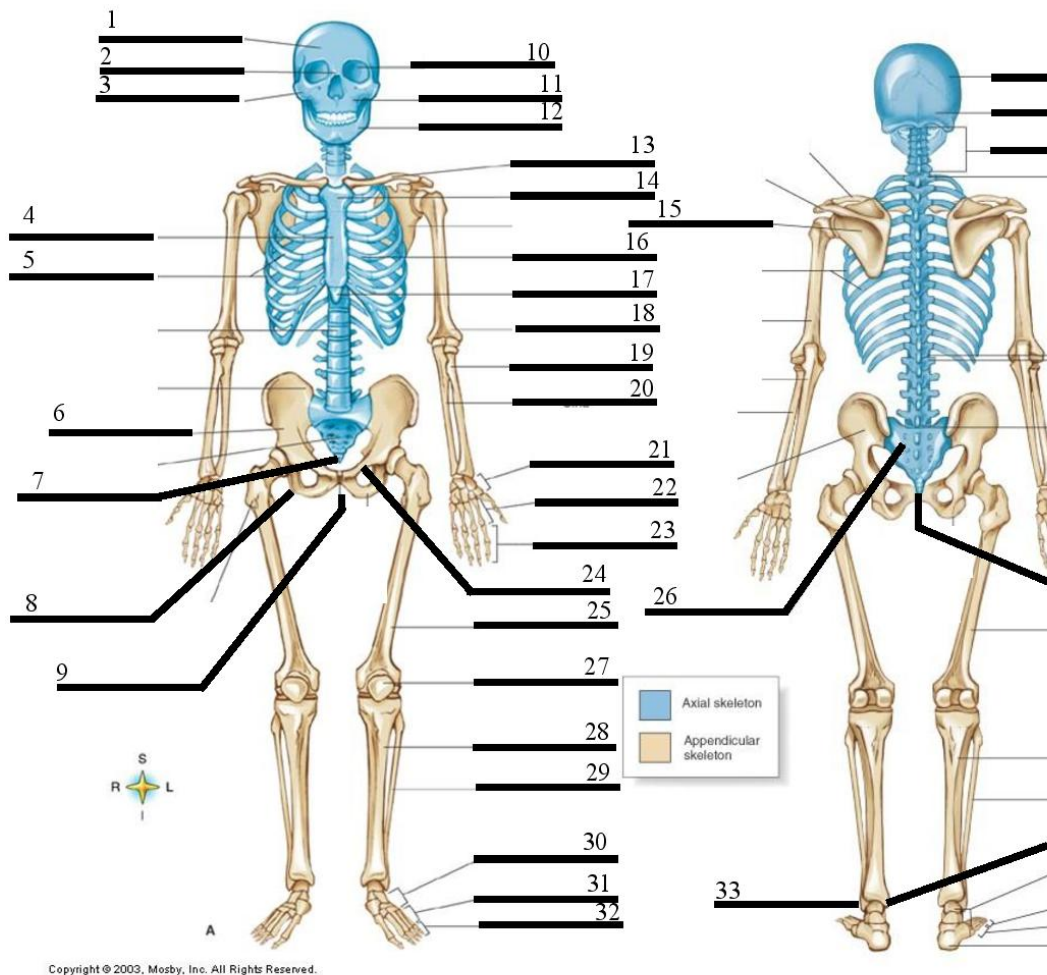
Additional Comments:

**Question 13**

1 / 1 pts

What is number 13?

## Bones Labeling Test



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Correct!

clavicle

**Correct Answers**

clavicle

Additional Comments:

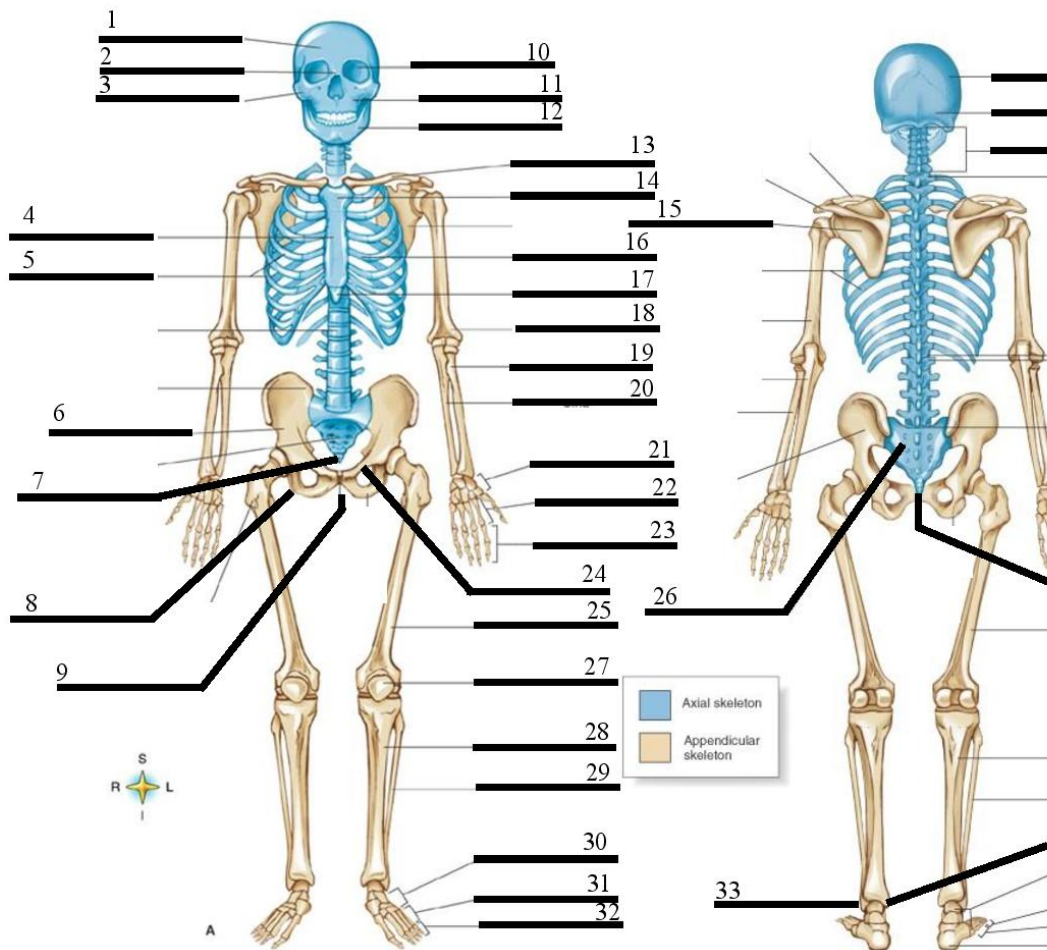
**Question 14**

1 / 1 pts



What is number 14?

### Bones Labeling Test



Correct!

manubrium

**Correct Answers**

manubrium

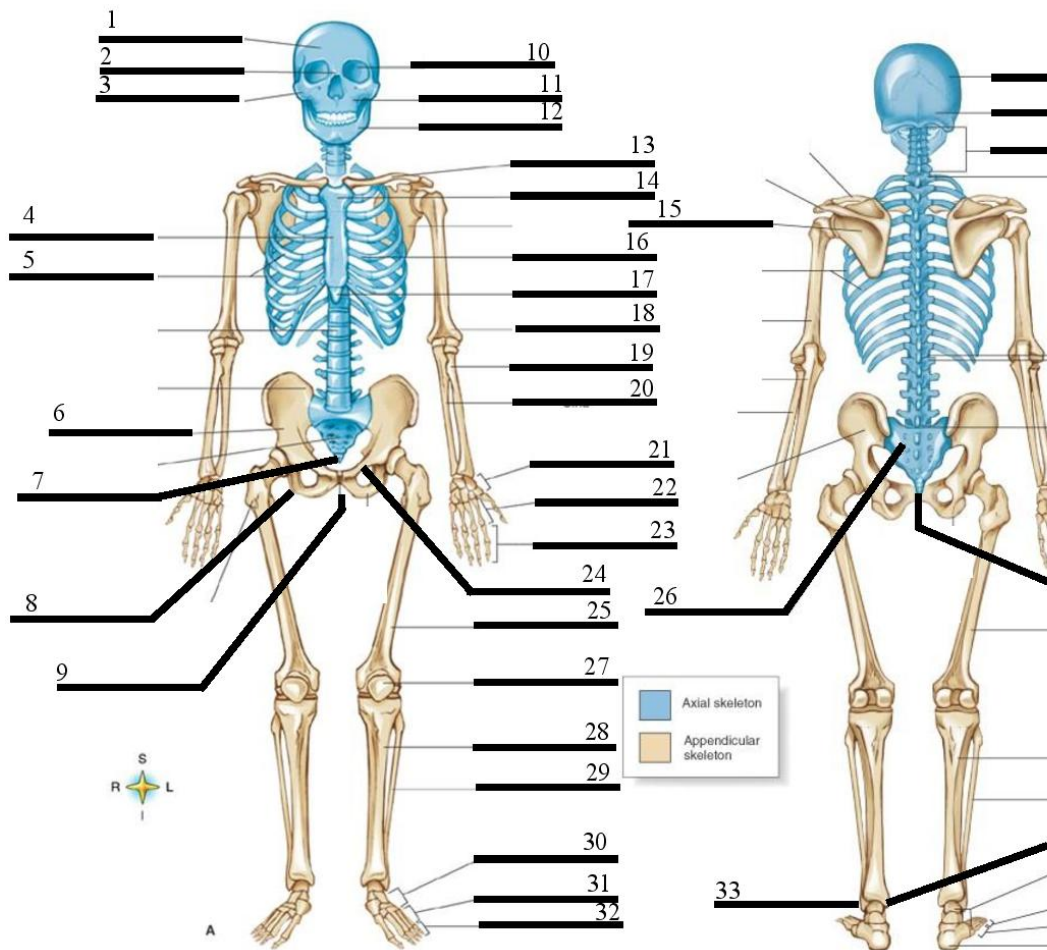
Additional Comments:

**Question 15**

1 / 1 pts

What is number 15?

### Bones Labeling Test



Correct!

scapula

**Correct Answers**

scapula

Additional Comments:

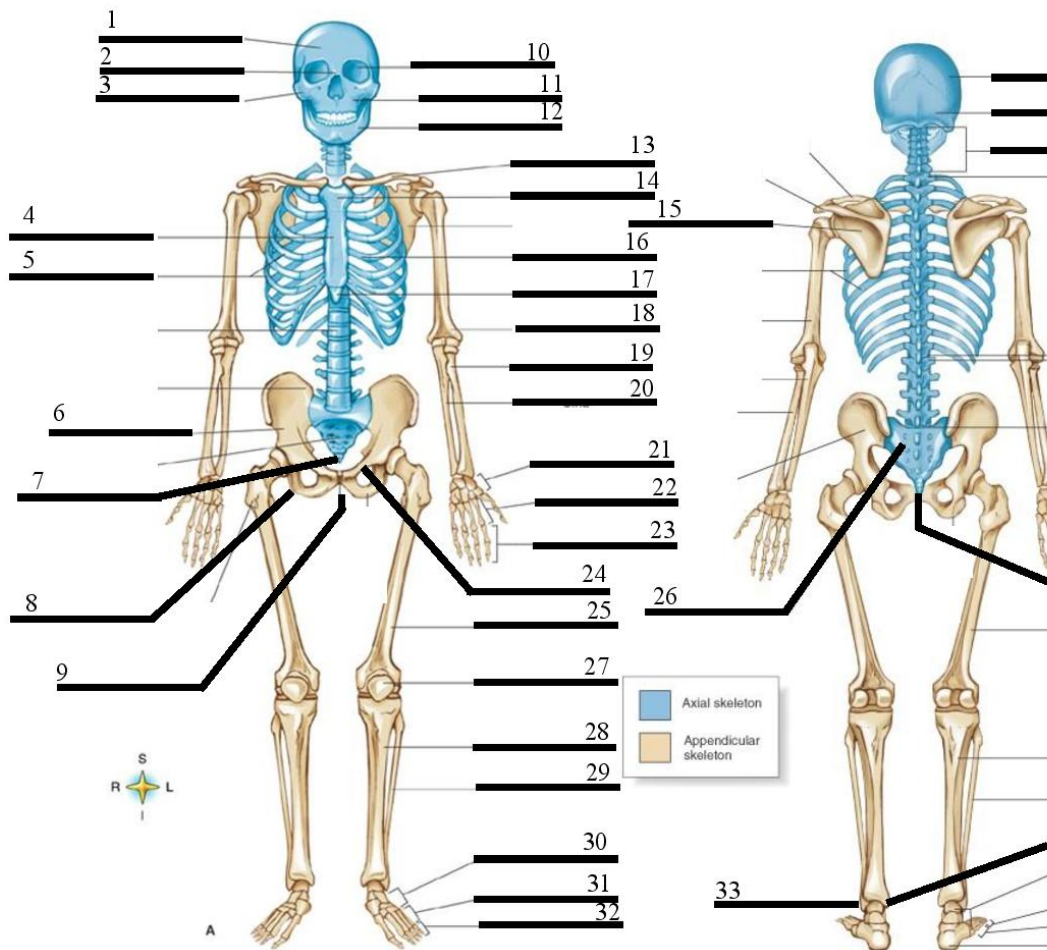
**Question 16**

1 / 1 pts



What is number 16?

### Bones Labeling Test



Correct!

costal cartilage

**Correct Answers**

costal cartilage

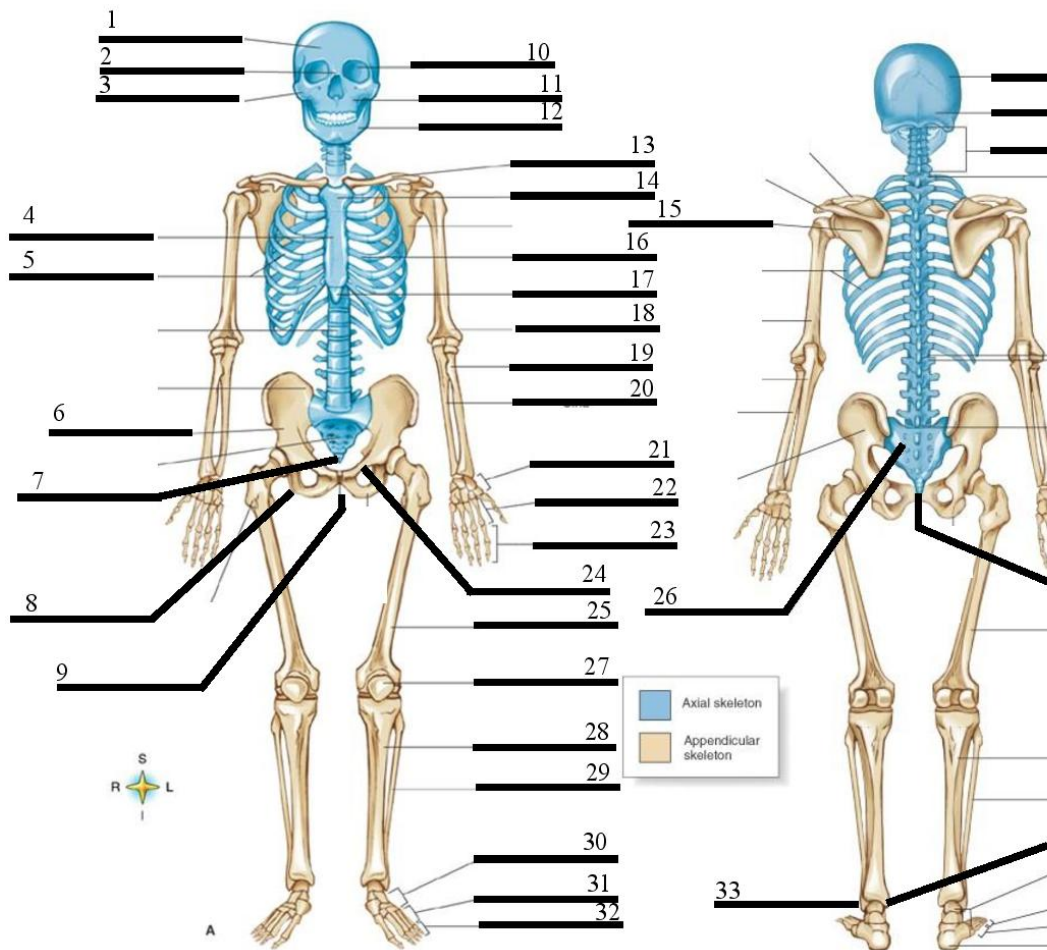
Additional Comments:

**Question 17**

1 / 1 pts

What is number 17?

### Bones Labeling Test



Correct!

xiphoid process

**Correct Answers**

xiphoid process

Additional Comments:

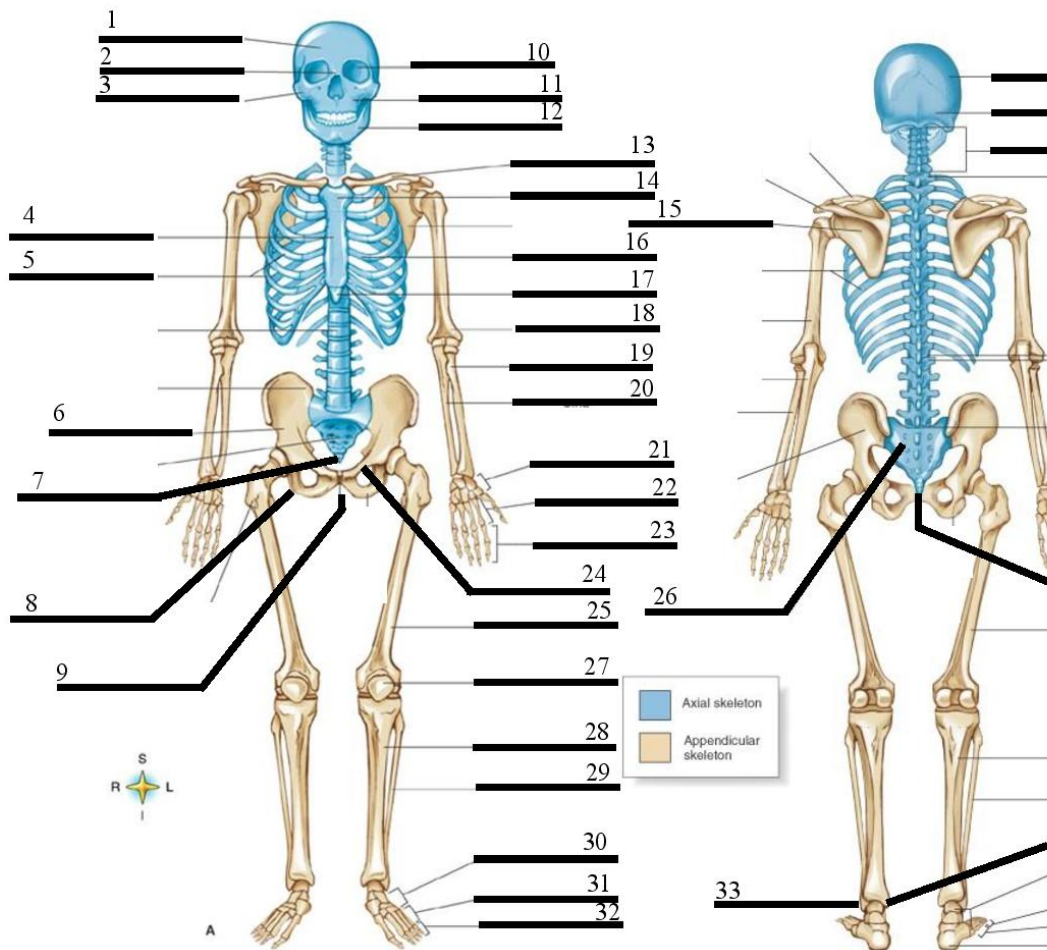
**Question 18**

1 / 1 pts



What is number 18?

### Bones Labeling Test



Correct!

humerus

**Correct Answers**

humerus

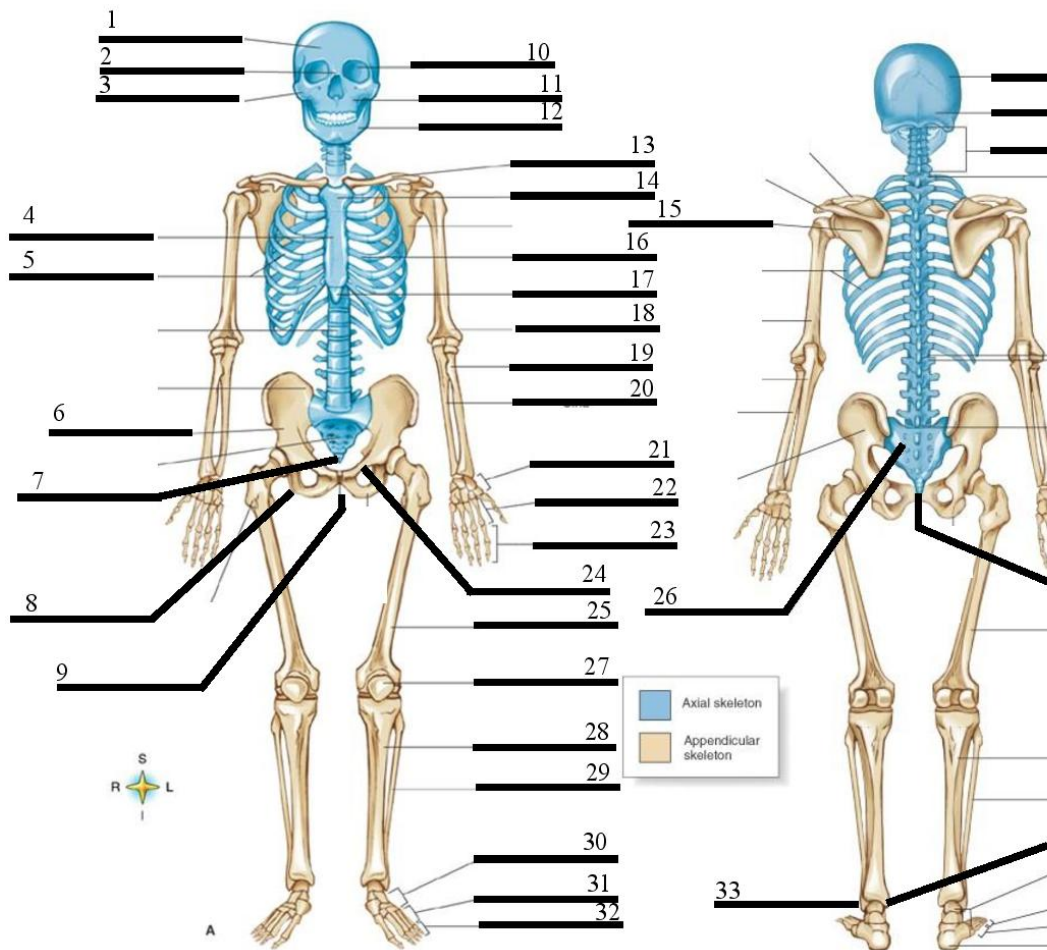
Additional Comments:

**Question 19**

1 / 1 pts

What is number 19?

### Bones Labeling Test



Correct!

radius

**Correct Answers**

radius

Additional Comments:

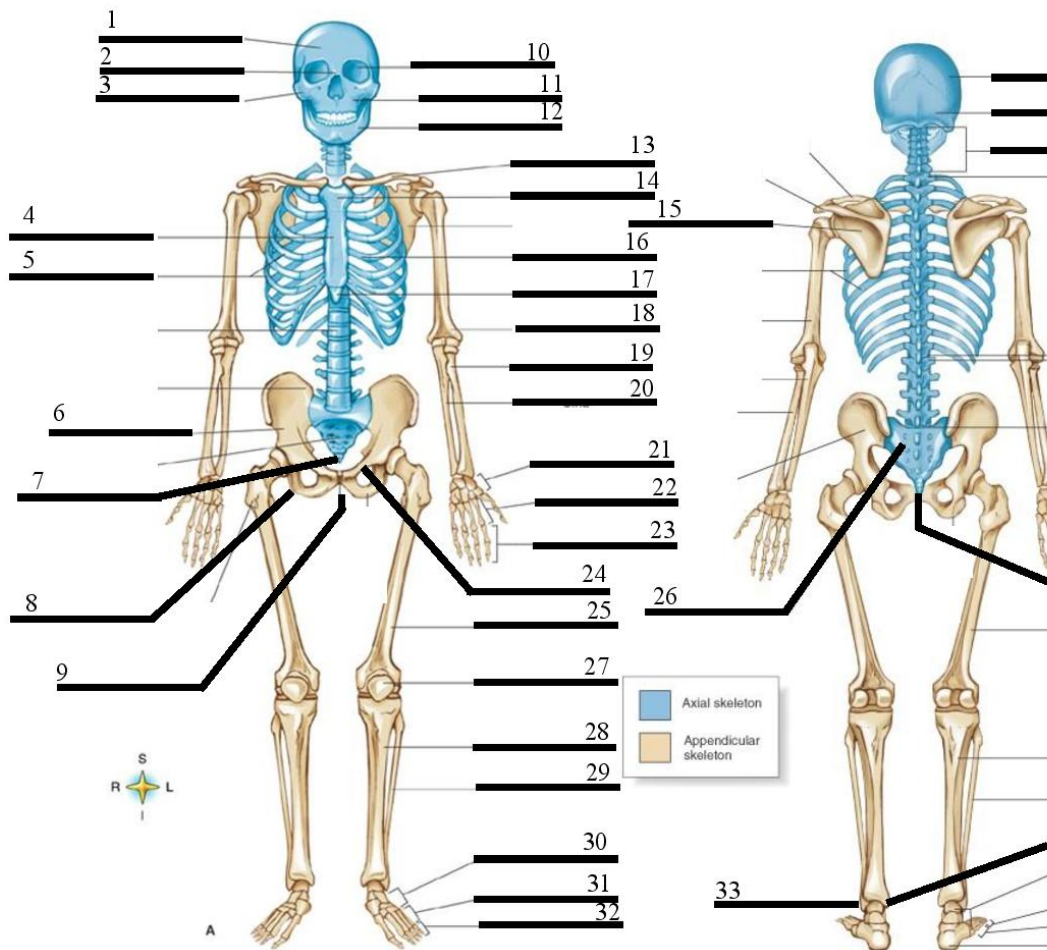
**Question 20**

1 / 1 pts



What is number 20?

### Bones Labeling Test



Correct!

ulna

**Correct Answers**

ulna

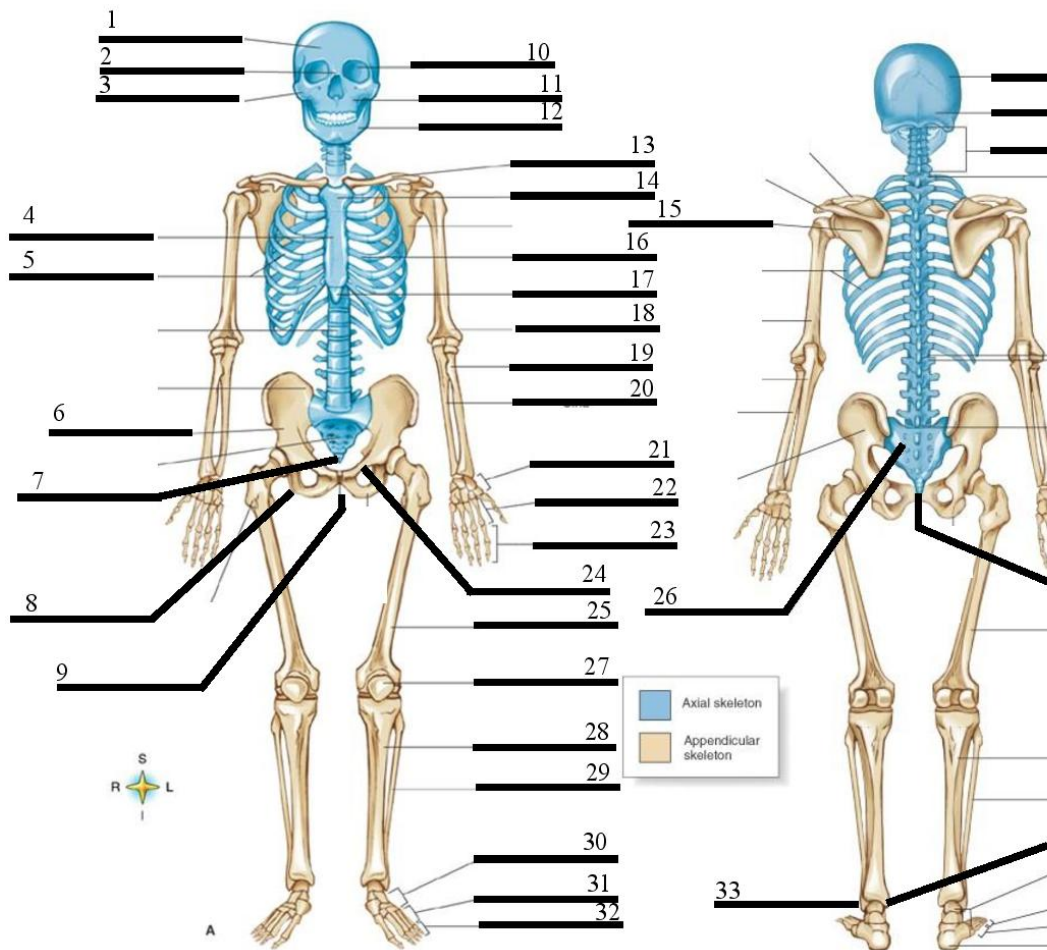
Additional Comments:

**Question 21**

1 / 1 pts

What is number 21?

### Bones Labeling Test



Correct!

carpals

**Correct Answers**

carpals

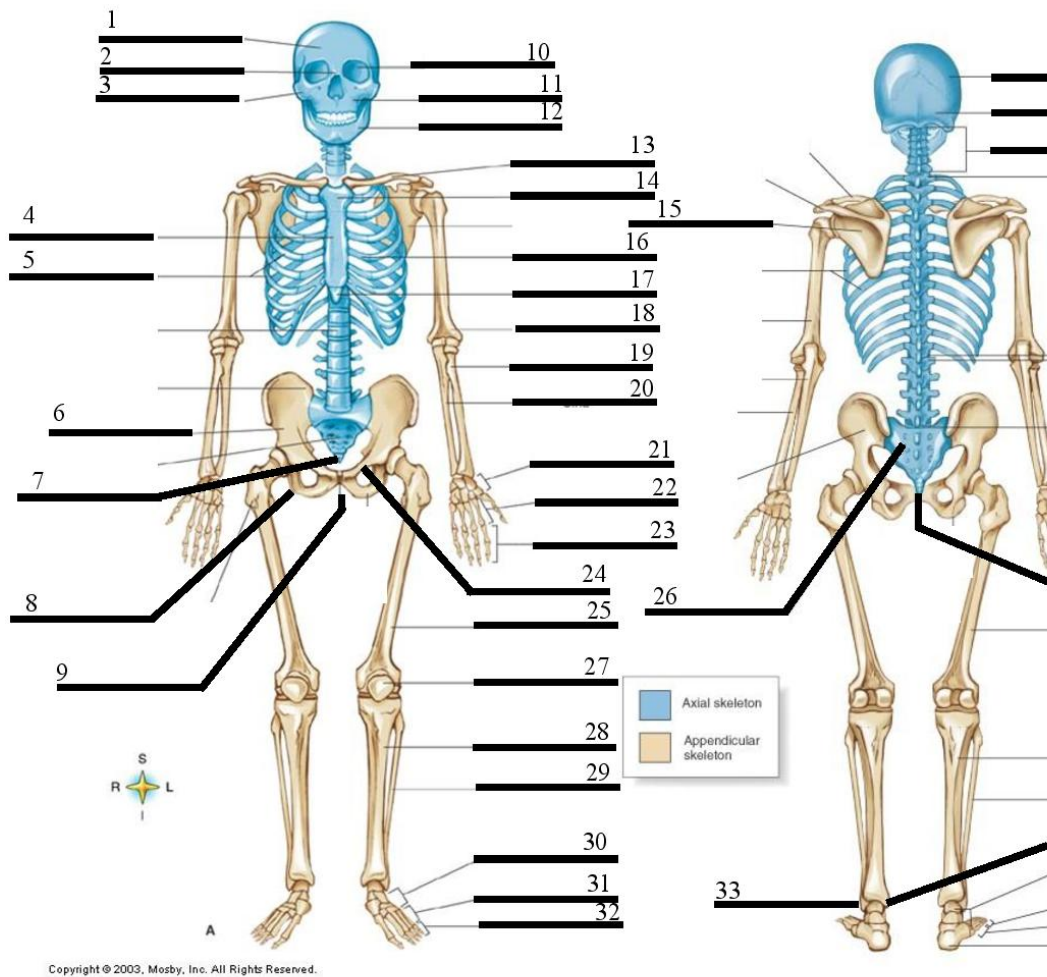
Additional Comments:

**Question 22**

1 / 1 pts

What is number 22?

### Bones Labeling Test



ou Answered

meta carpals



**Correct Answers**

metacarpals

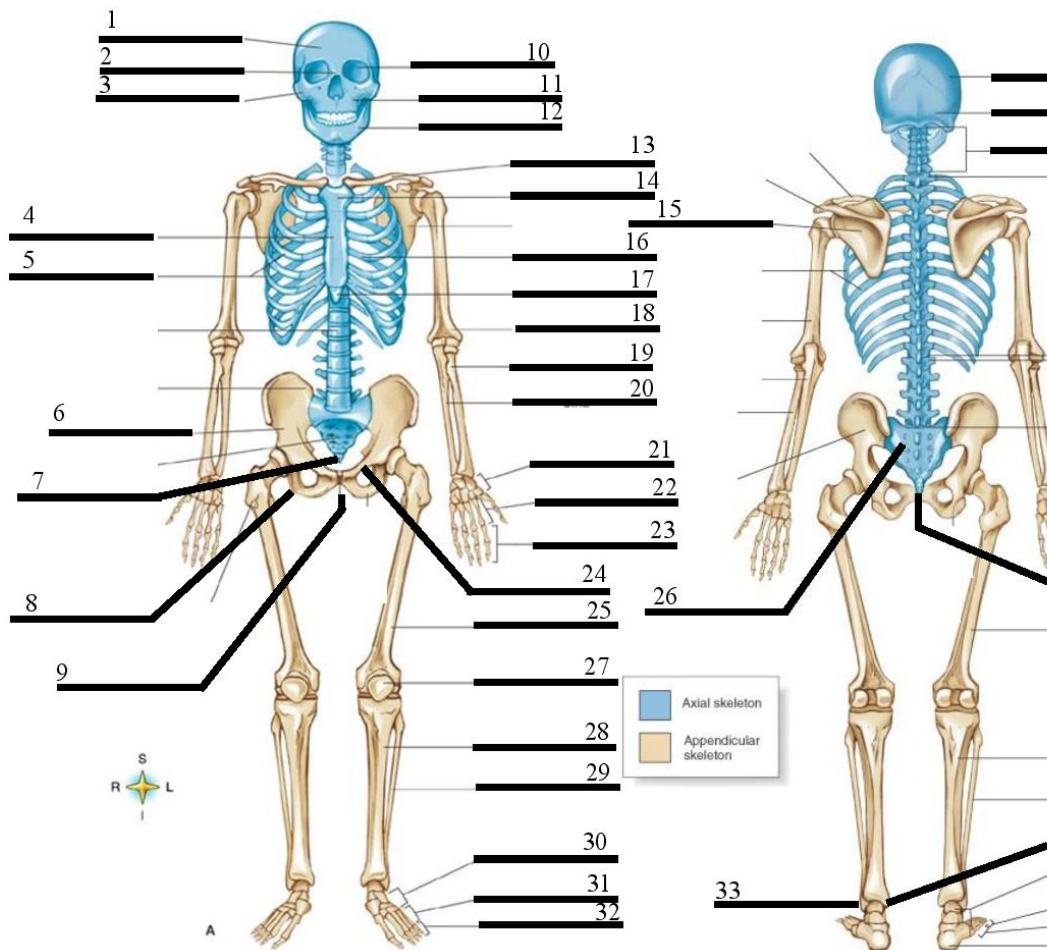
Additional Comments:

**Question 23**

1 / 1 pts

What is number 23?

### Bones Labeling Test



Correct!

phalanges

**Correct Answers**

phalanges

digital

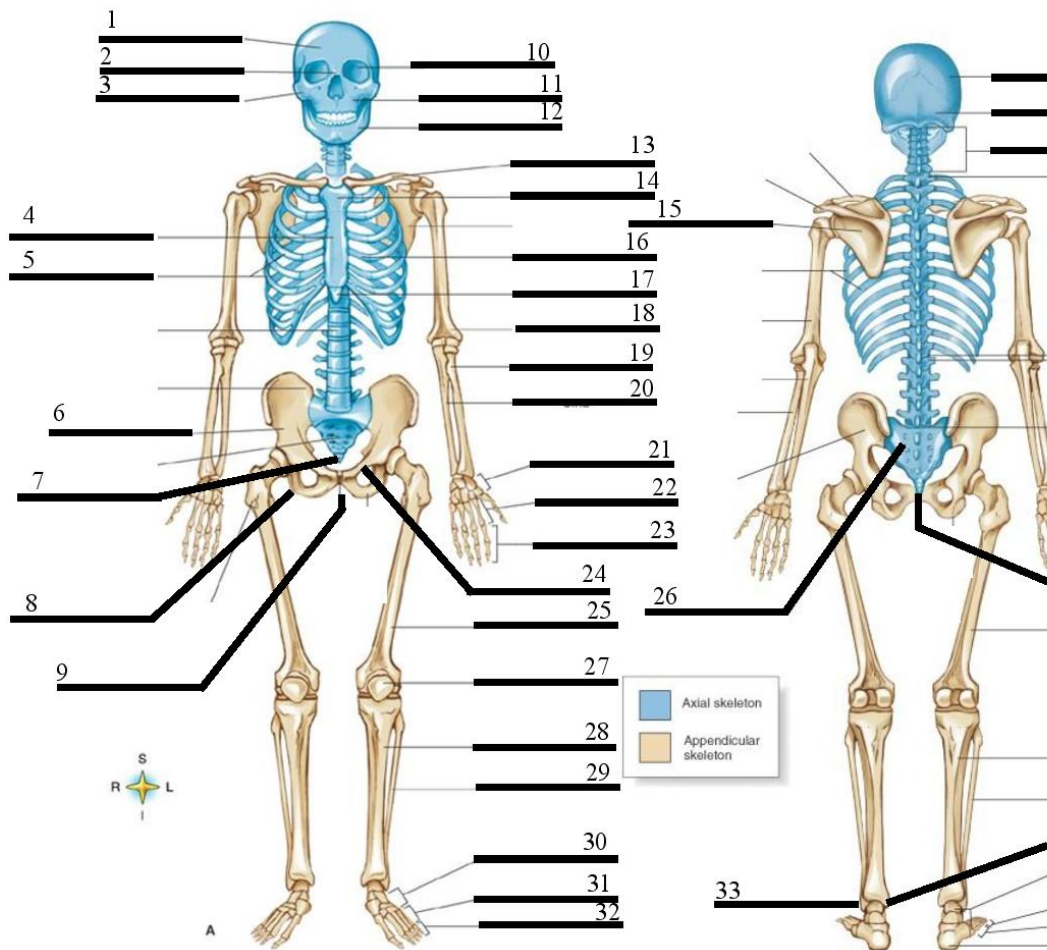
Additional Comments:

**Question 24**

1 / 1 pts

What is number 24?

## Bones Labeling Test



Correct!

pubic

**Correct Answers**

pubic

Additional Comments:

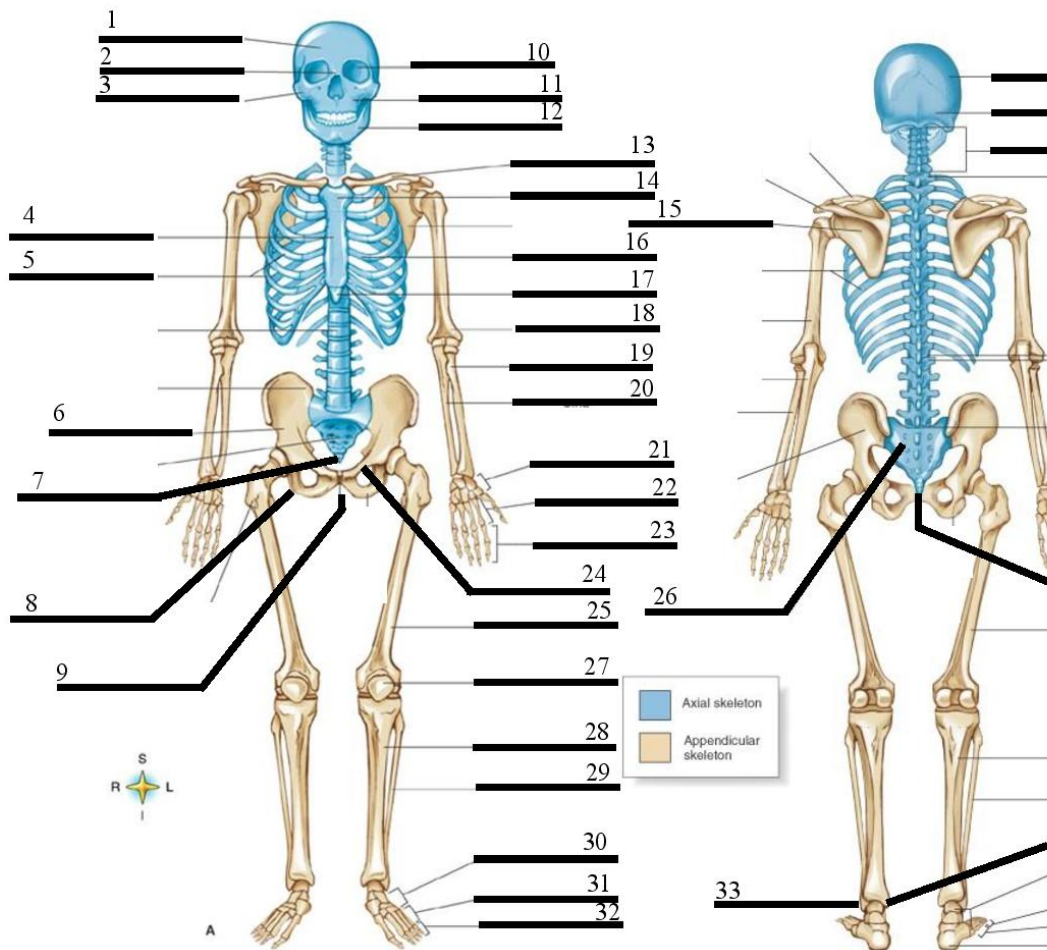
**Question 25**

1 / 1 pts



What is number 25?

### Bones Labeling Test



Correct!

femur

**Correct Answers**

femur

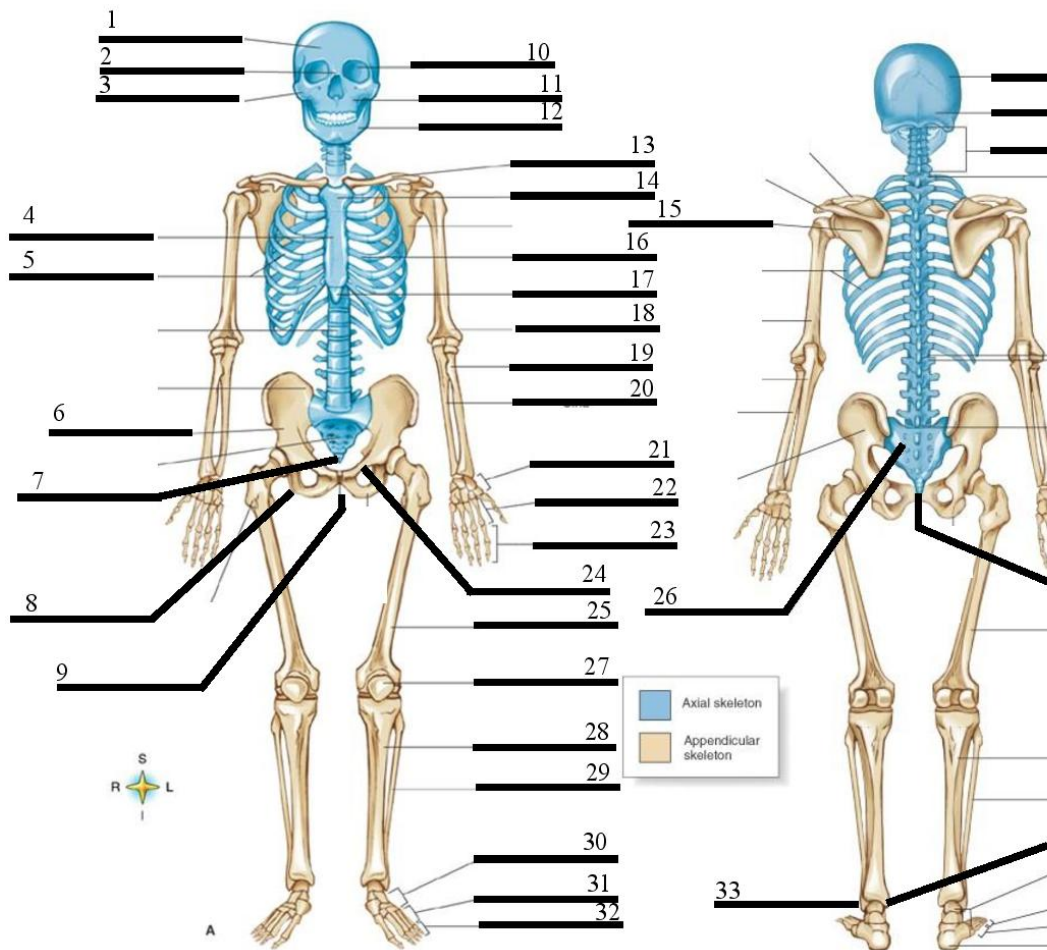
Additional Comments:

**Question 26**

1 / 1 pts

What is number 326?

### Bones Labeling Test



Correct!

sacrum

**Correct Answers**

sacrum

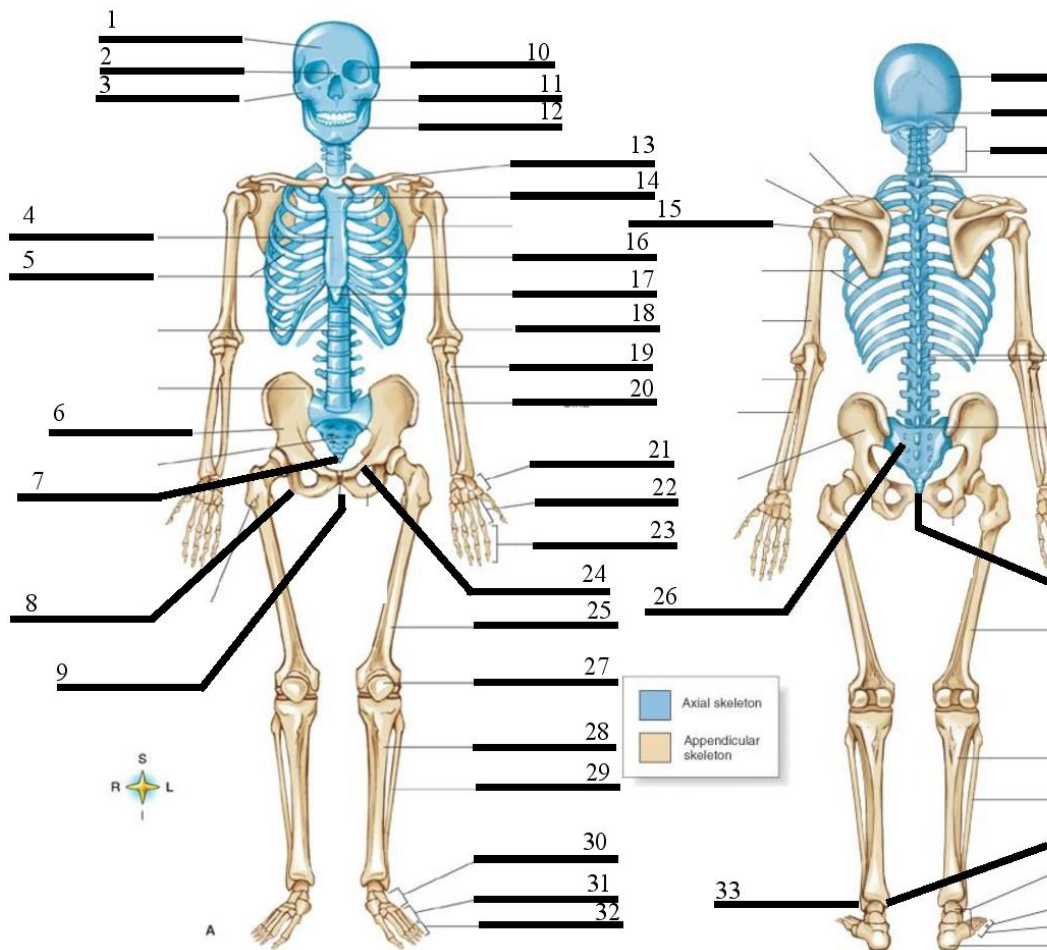
Additional Comments:

**Question 27**

1 / 1 pts

What is number 27?

### Bones Labeling Test



Correct!

patella



**Correct Answers**

patella

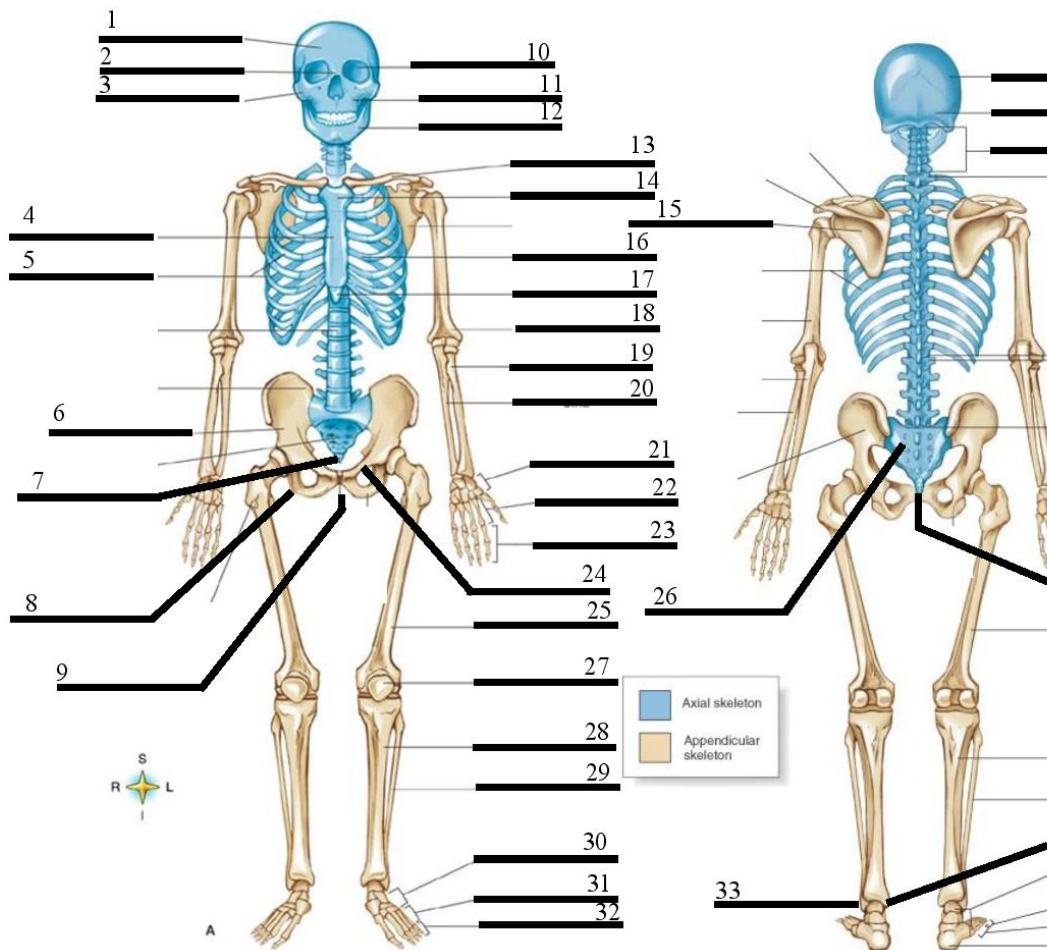
Additional Comments:

**Question 28**

1 / 1 pts

What is number 28?

### Bones Labeling Test



Correct!

tibia

**Correct Answers**

tibia

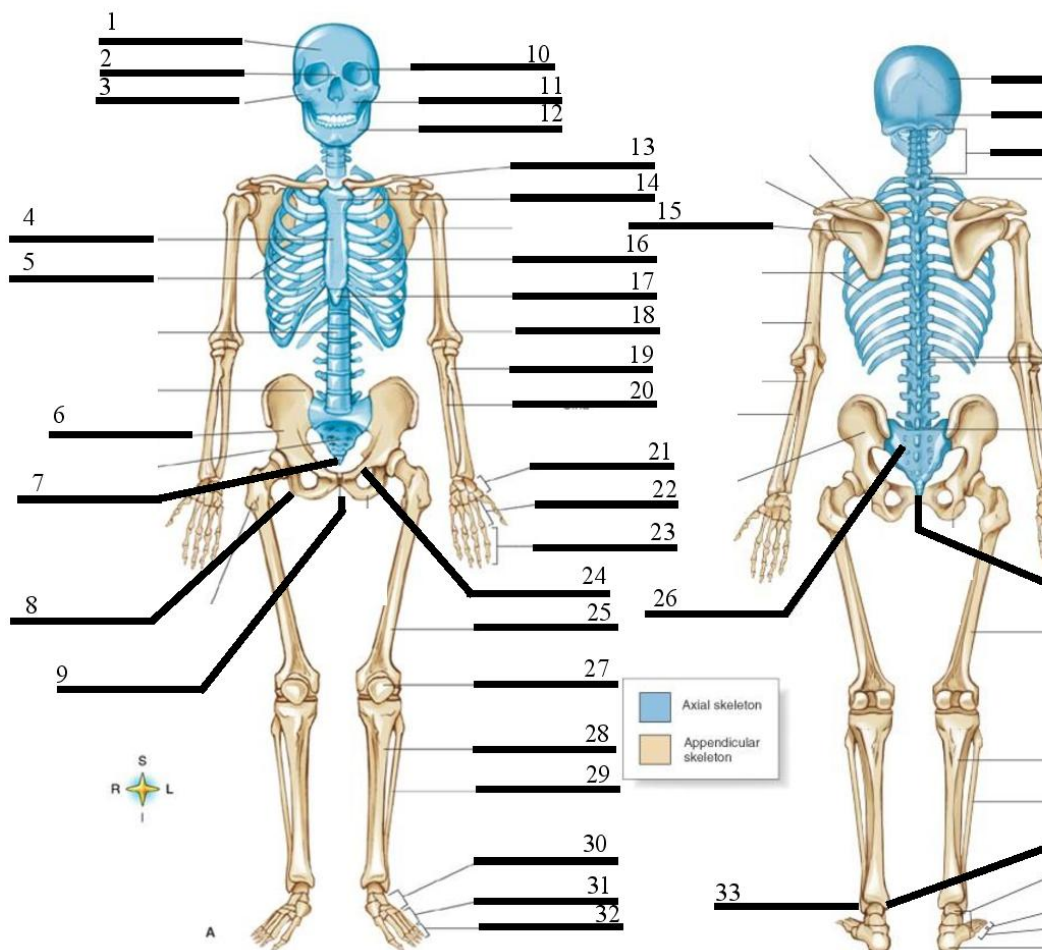
Additional Comments:

**Question 29**

1 / 1 pts

What is number 29?

## Bones Labeling Test



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Correct!

fibula

**Correct Answers**

fibula

Additional Comments:

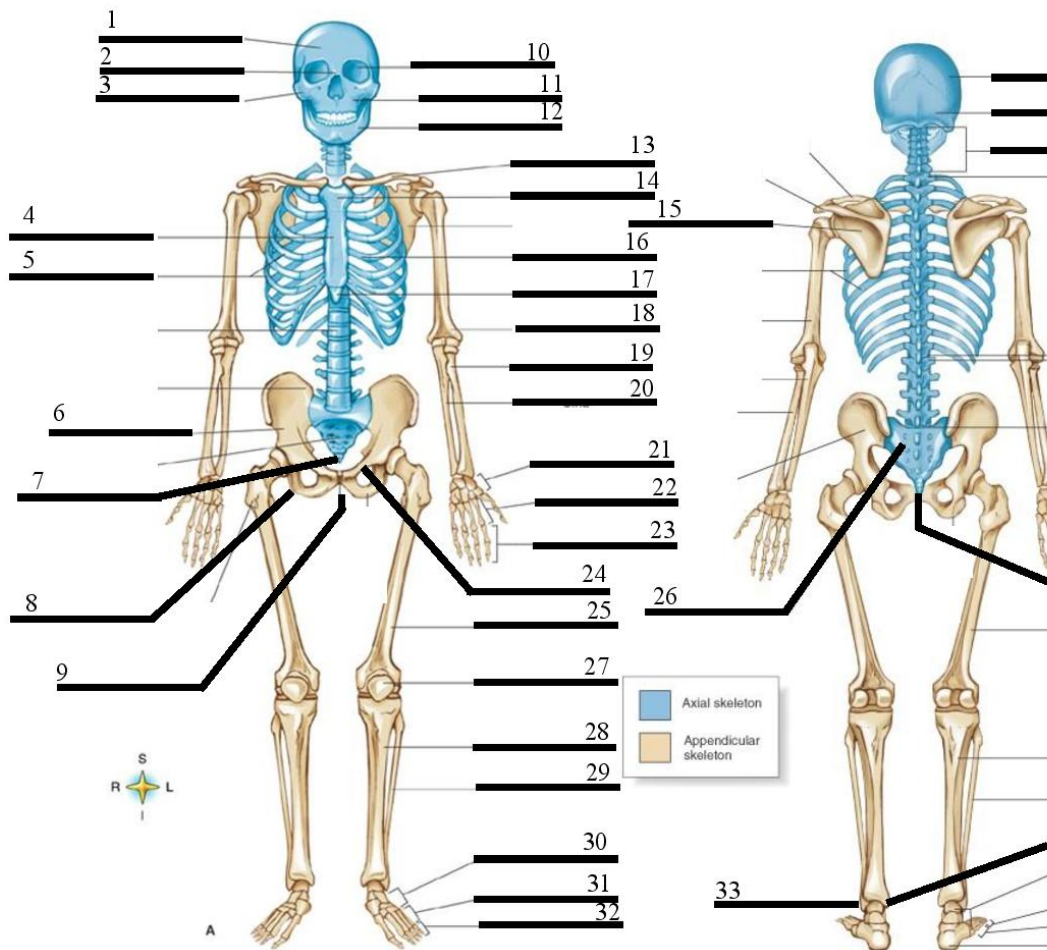
**Question 30**

1 / 1 pts



What is number 30?

### Bones Labeling Test



Correct!

tarsals

**Correct Answers**

tarsals

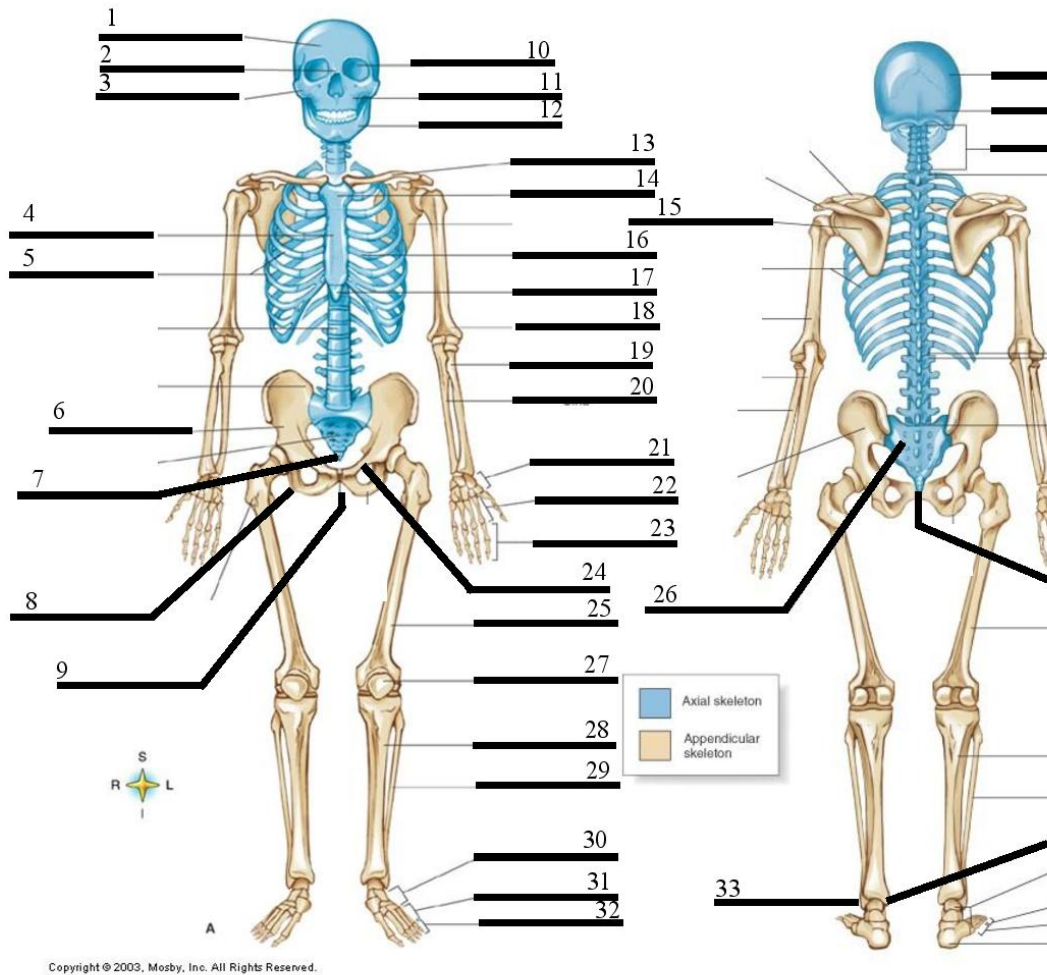
Additional Comments:

**Question 31**

1 / 1 pts

What is number 31?

### Bones Labeling Test



ou Answered

meta tarsals

**Correct Answers**

metatarsals

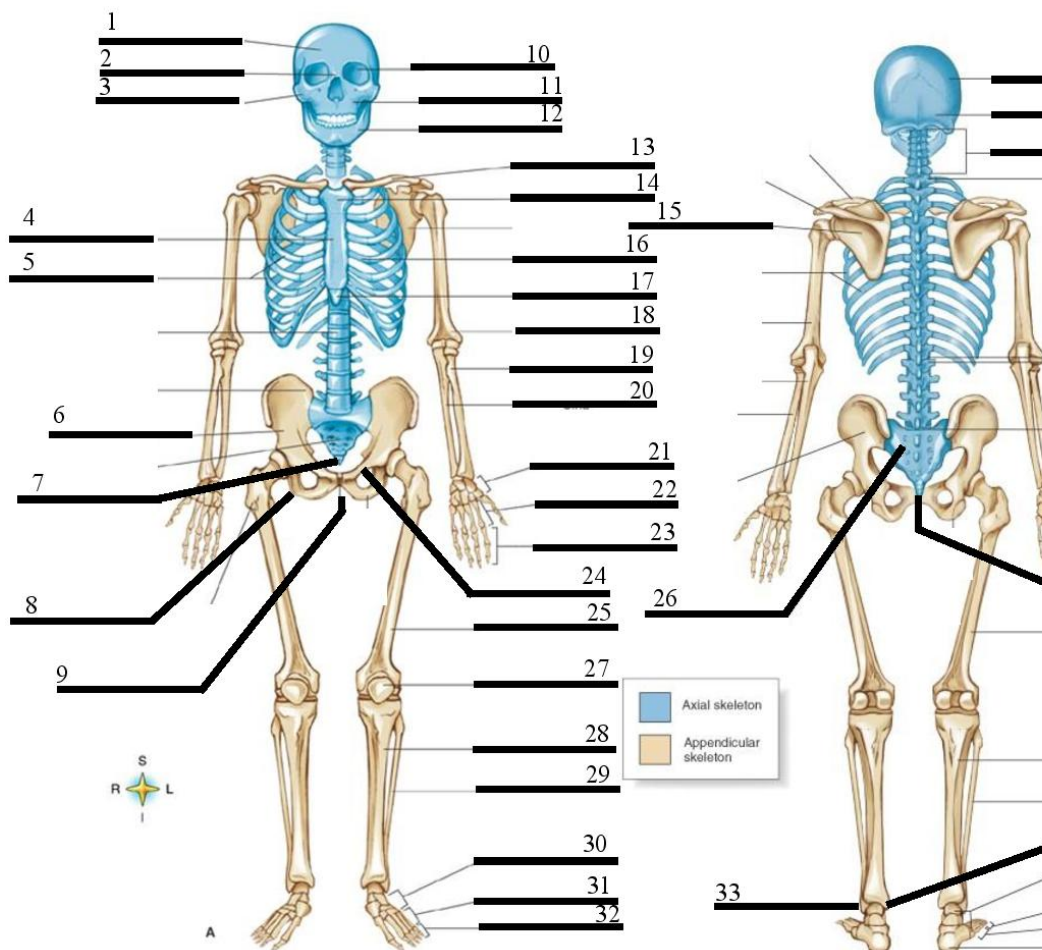
Additional Comments:

**Question 32**

1 / 1 pts

What is number 32?

### Bones Labeling Test



Correct!

phalanges



**Correct Answers**

phalanges

digital

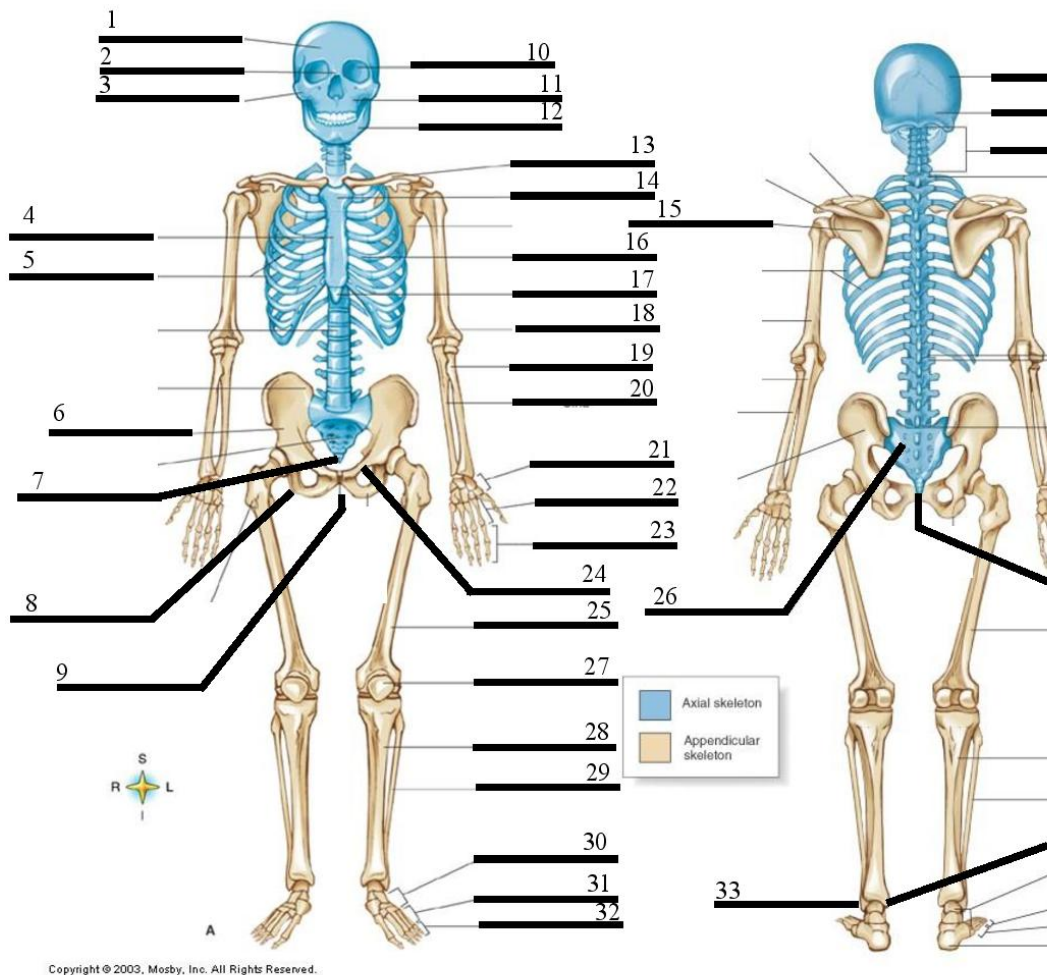
Additional Comments:

**Question 33**

1 / 1 pts

What is number 33?

### Bones Labeling Test



ou Answered

lat. malleolus

**Correct Answers**

lateral malleolus

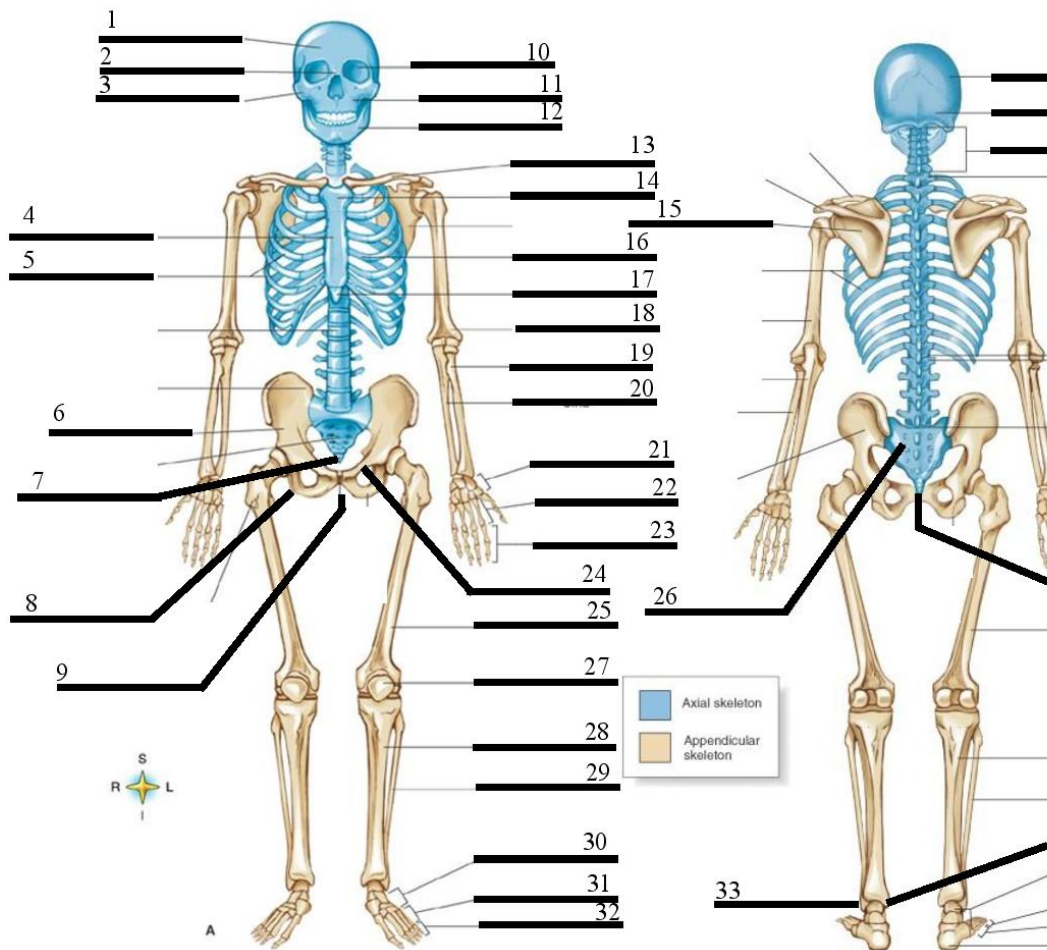
Additional Comments:

**Question 34**

1 / 1 pts

What is number 3?4

## Bones Labeling Test



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Correct!

parietal

**Correct Answers**

parietal

Additional Comments:

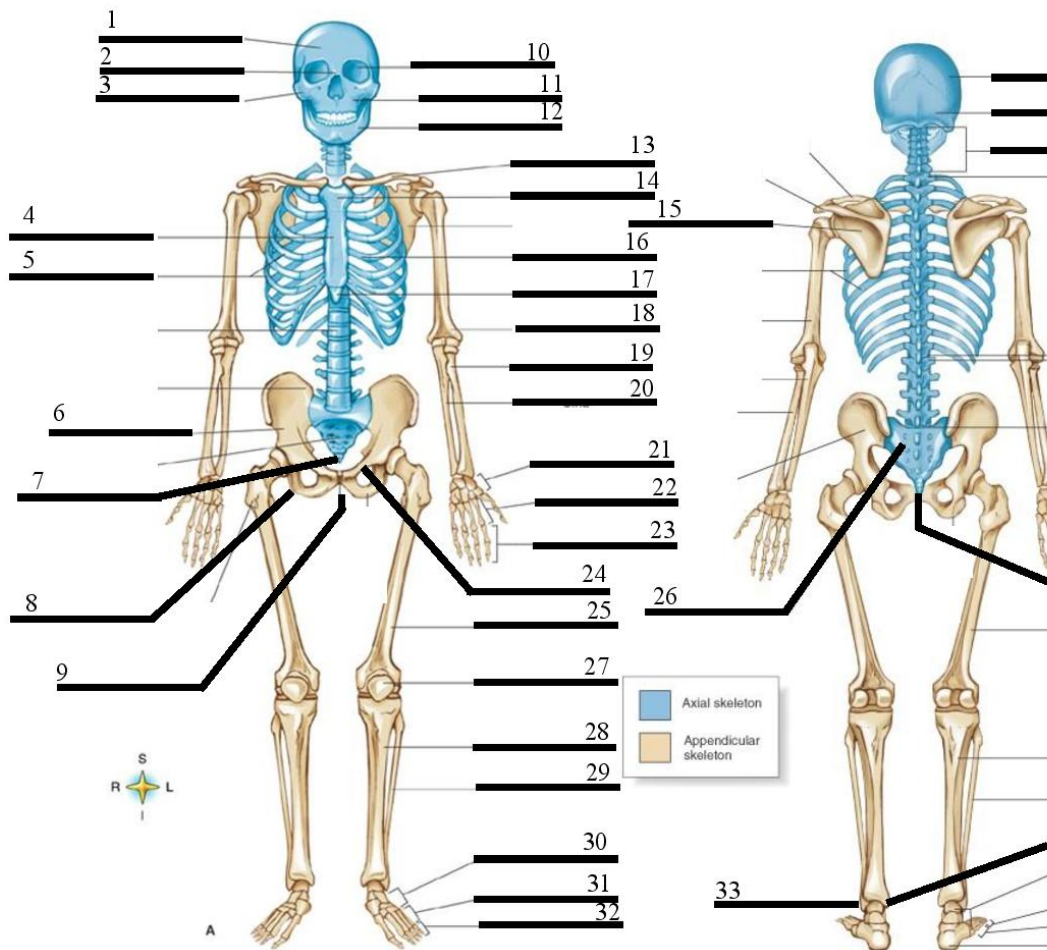
**Question 35**

1 / 1 pts



What is number 35?

## Bones Labeling Test



Correct!

occipital

**Correct Answers**

occipital

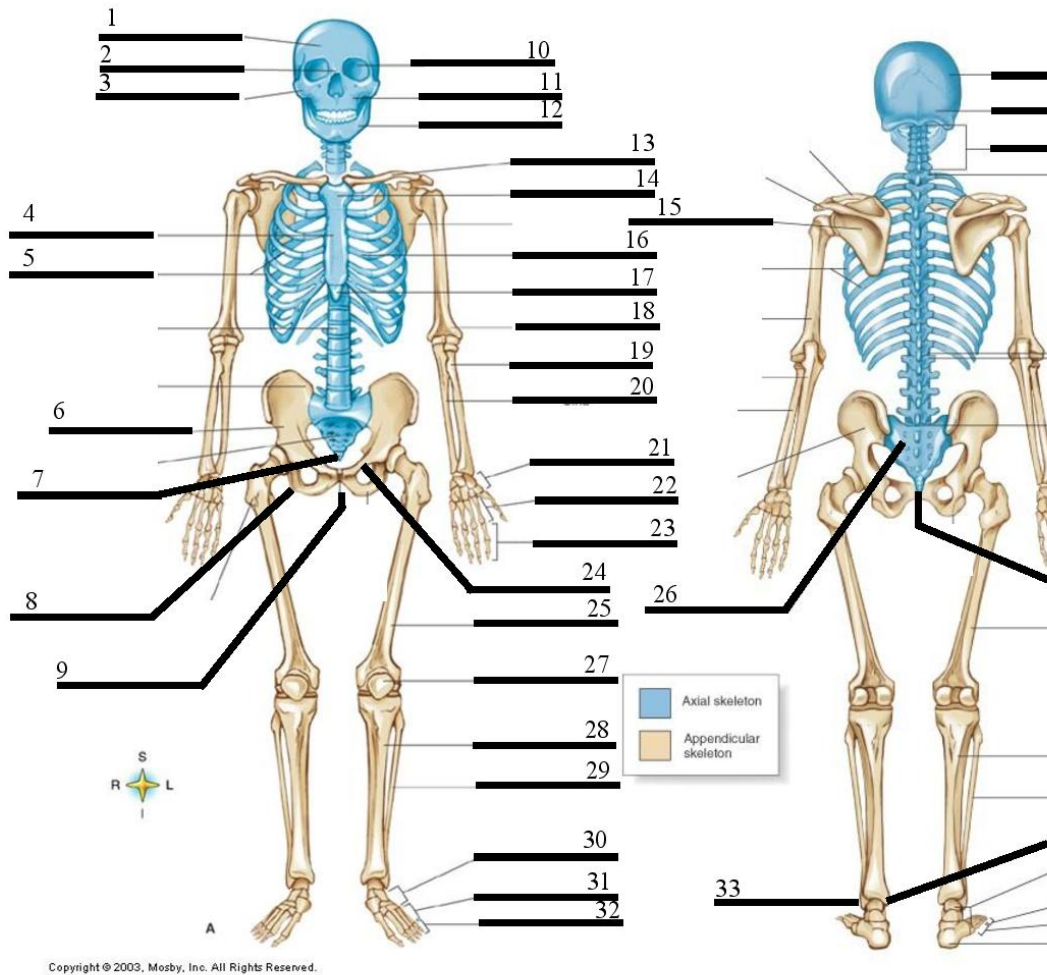
Additional Comments:

**Question 36**

1 / 1 pts

What is number 36 (and how many)?

### Bones Labeling Test



Correct!

cervical (7)

**Correct Answers**

cervical (7)

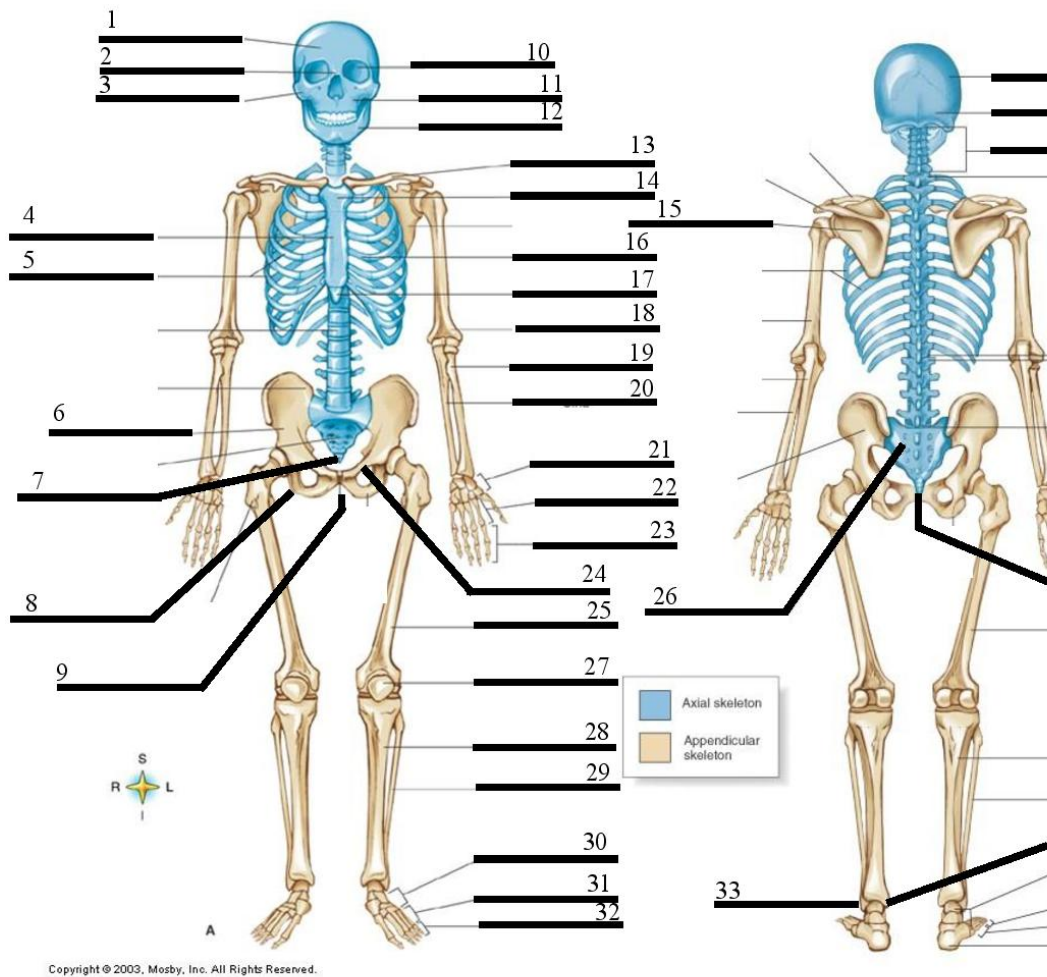
Additional Comments:

**Question 37**

1 / 1 pts

What is number 37 (and how many)?

### Bones Labeling Test



ou Answered

thoracic v. (12)



**Correct Answers**

thoracic (12)

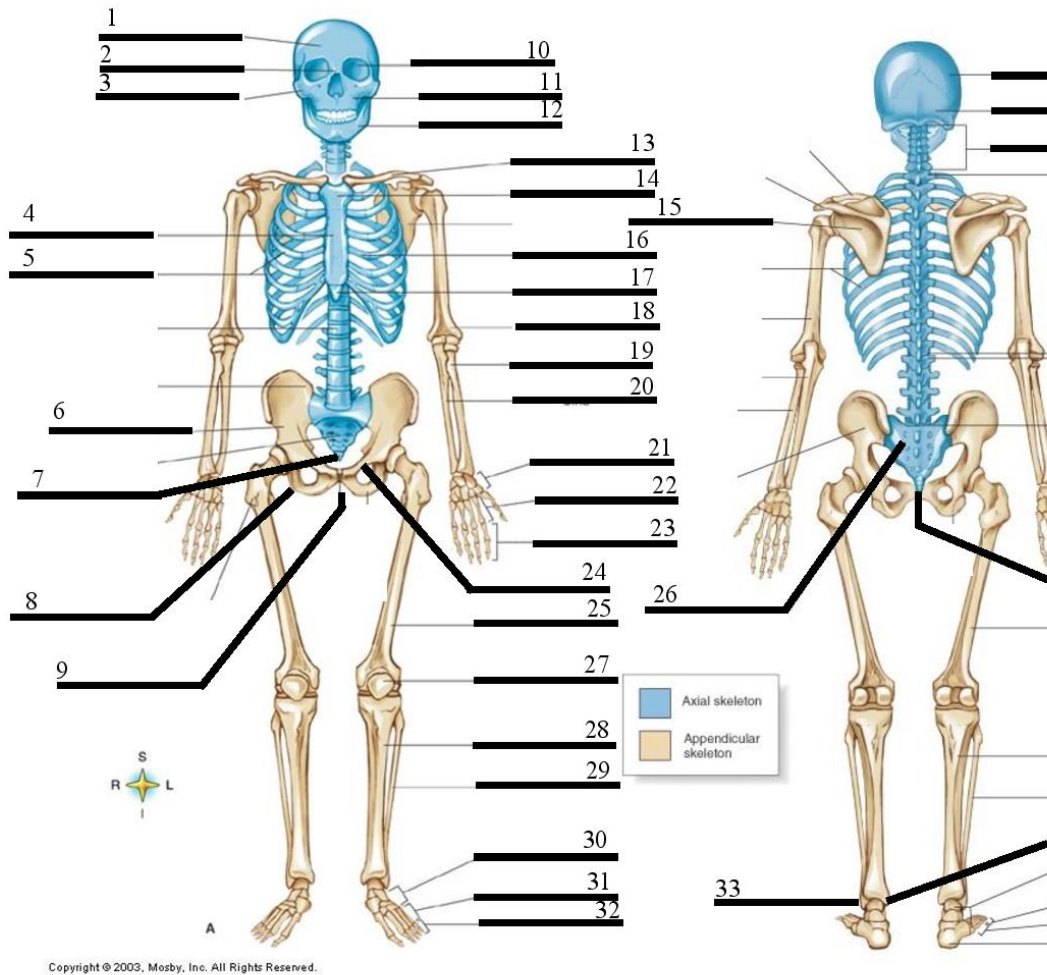
Additional Comments:

**Question 38**

1 / 1 pts

What is number 38 (and how many)?

### Bones Labeling Test



ou Answered

lumbar v. (5)

Correct Answers

lumbar (5)

Additional Comments:

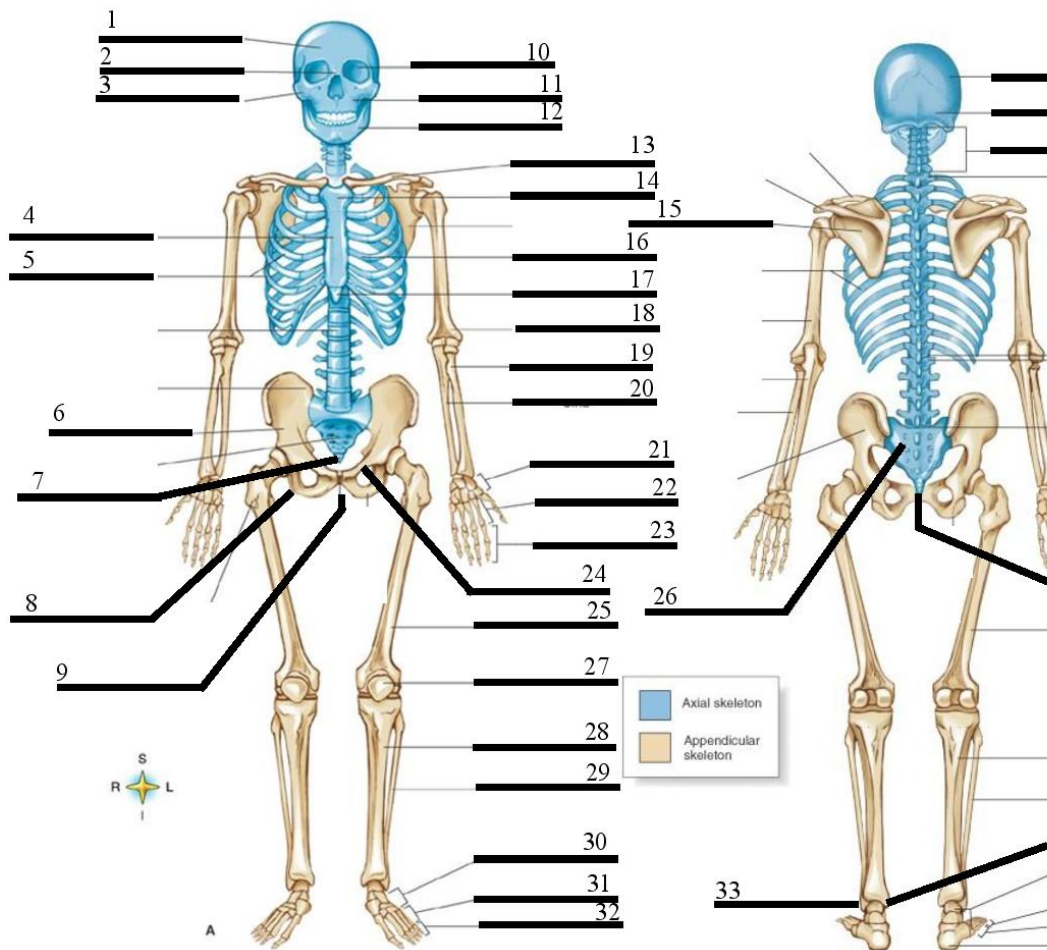
Question 39

1

 / 1 pts

What is number 39?

### Bones Labeling Test



Correct!

coccyx

**Correct Answers**

coccyx

Additional Comments:

**Question 40**

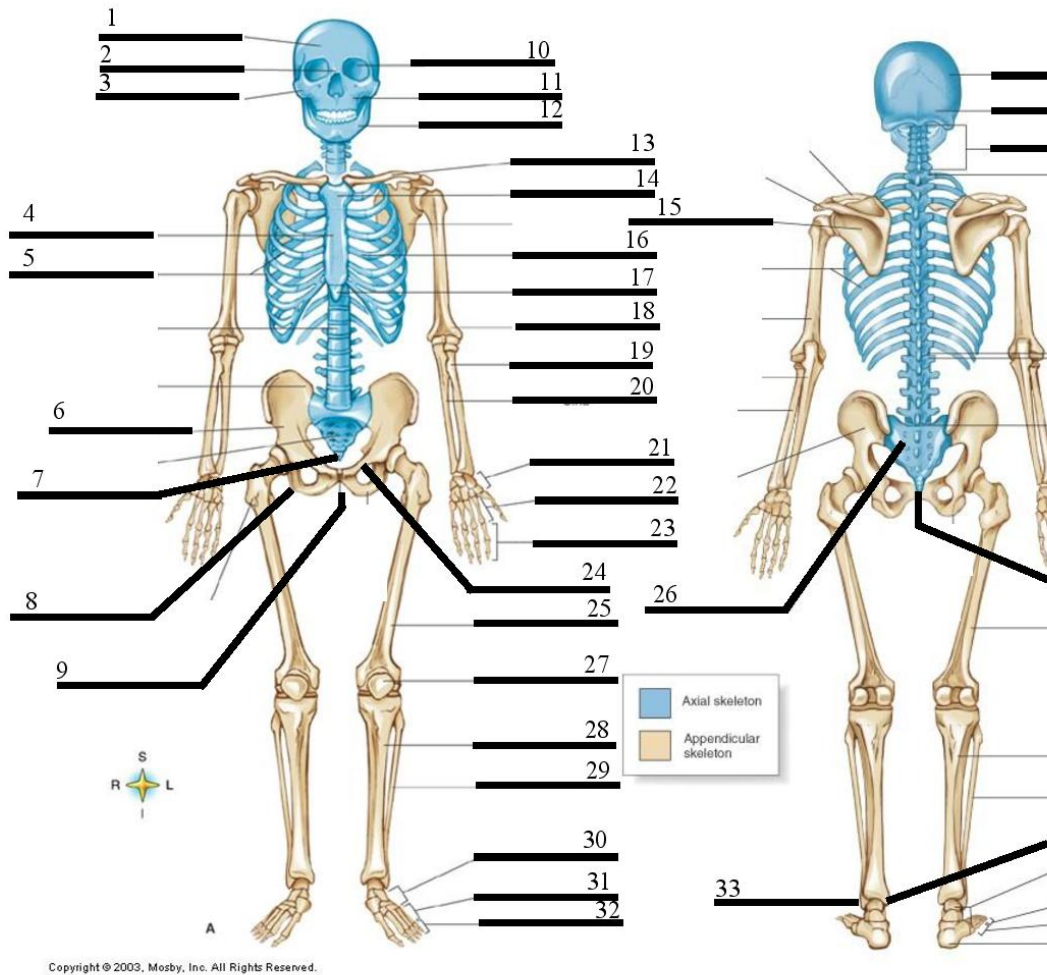
0.5

/ 1 pts



What is number 40?

### Bones Labeling Test



ou Answered

m. malleolus

**Correct Answers**

medial malleolus

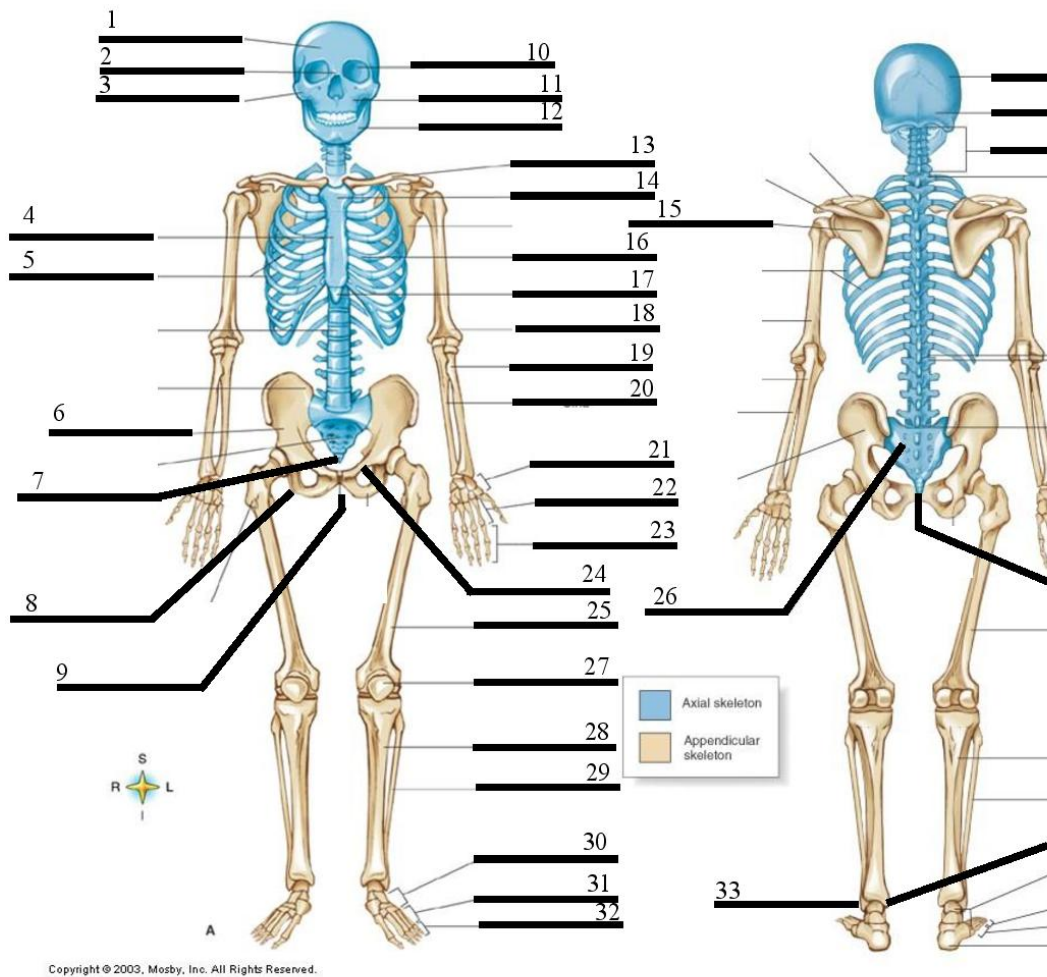
Additional Comments:

**Question 41**

1 / 1 pts

What is number 41?

### Bones Labeling Test



ou Answered

calcaneous

**Correct Answers**

calcaneus

Additional Comments:

Fudge Points: 

You can manually adjust the score by adding positive or negative points to this box.

**Final Score:** 40.5 out of 41Update Scores