

HLTH 147 | QUIZ 9 OF 29 (Lectures 13 & 14)

NAMES _____

What is minimalist footwear?

What is persistence hunting?

**What is a pronated running gait? Does it place runners at an elevated risk of injury?
Can shoes help correct it?**

What are the talocrural and subtalar joints?

Fleshy attachment: What is it and what's an example?

Fibrous attachment: What is it and what's an example?

Myotendinous junction: What is it and what's important about it?

What muscles contribute to a vertical jump?

What happens to the brachial plexus and subclavian artery with hunched shoulders?

If you brace an ankle or a knee, what happens to adjacent joints?

Uniaxial joint: What is it and what are two examples?

Biaxial joint: What is it and what are two examples?

Multiaxial joint: What is it and what are two examples?

What's the difference between statics and dynamics?

What's the difference between kinetics and kinematics?

**What is work? Power? What's the difference between strength and power?
How can they be measured?**

What's torque? Rotational work?

What are the three planes? What are examples of exercises in each plane?