



ST. LAWRENCE HIGH SCHOOL



A JESUIT CHRISTIAN MINORITY INSTITUTION

Sub: Life Science

Class: X

Date: 13.04.2020

CHAPTER: CONTROL & COORDINATION IN LIVING ORGANISMS TOPIC: TYPES OF JOINTS & TYPES OF MOVEMENT IN HUMAN-2

WORKSHEET 6

Choose the correct option:

(1X15=15)

1. In which type of movement does triceps help?
a. Abduction b. Adduction c. Flexion d. Extension
2. Medial & Lateral rotation movement are seen in
a. Shoulder b. Legs c. Forelimb d. all of these
3. Deltoid muscle is an example of
a. Adductor muscle b. Flexor muscle c. Lateral rotator d. None of these
4. Drawing your toes apart from each other is an example of
a. Adduction b. Abduction c. Rotation d. Flexion
5. Defect in the Supraspinatus muscle of arm will lead to problem in
a. Adduction b. Abduction c. Rotation d. Flexion
6. Triceps Brachii helps in
a. raising the front of forearm b. Flexing the forearm c. Straightens flexed forearm d. Both b & c
7. Which of the following secretes fluid for lubrication of joints?
a. Tendons b. Synovial membrane c. Both a and b d. None of these
8. Which joint occurs between Humerus & Radius-ulna?
a. Ball & socket joint b. Immovable joint c. Hinge joint d. Both a & b
9. The largest Synovial joint of the human body is
a. Elbow joint b. Knee joint c. Hip joint d. None of these
10. Synovial joints occur in between
a. Skull bones b. Facial bones c. Femur & Tibia d. Both b & c
11. Closing the fingers of hand together shows
a. Rotation b. Flexion c. Abduction d. Adduction
12. If the foot shows abduction, in which direction does it move?
a. Outward b. Inward c. Downward d. Upward
13. Which of the following is the Adductor muscle?
a. Deltoid muscle b. Biceps brachii c. Adductor longus d. Both a & c
14. Which term refers to decreasing the angle between bones of arms considerably?
a. Extension b. Rotation c. Flexion d. None of these
15. Where is the muscle Gluteus medius present?
a. Uppermost part of arm b. Top of shoulder c. Outer surface of Pelvis d. Both a & b

-Debjani Chakraborty