

Study Guide for Quiz on Anatomy for Dancers

What are 2 reasons why it is important to have a conscious awareness of the science of motion (kinesiology) and a basic understanding of anatomy for dance?

1. _____

2. _____

Ligaments

- a. Hold bone to bone b. Hold muscle to bone c. Move joints

Tendons

- a. Hold bone to bone b. Hold muscle to bone c. Move joints

Ligaments can contract like a muscle

- a. True b. False

As mobility increases, stability decreases, and vice versa

- a. True b. False

The better your alignment, the less _____ on your joints

The better your alignment, the easier it is to _____

Hypermobility refers to

- a. an injury b. more strength/stability c. looseness in the joints

Basic movements of abduction and adduction occur on the

- a. Sagittal plane b. Frontal plane c. Transverse plane

Rotary movements occur on the

- a. Sagittal plane b. Frontal plane c. Transverse plane

Basic movements of flexion, extension, and hyperextension occur on the

- a. Sagittal plane b. Frontal plane c. Transverse plane

The bones of the foot are divided into 3 major sections:

1. _____ 2. _____ 3. _____

Rolling in on the foot and collapsing the arch (known as “beveling” the foot in dance) is called

- a. Supination b. Pronation

Rolling to the outside edge of the foot, dropping the heel in (known as “sickling” the foot in dance) is a joint movement known as

- a. Supination b. Pronation

What is the dangerous effect of pronated feet on knee alignment in plié?

The two bones in the lower leg are known as

- a. Radius and Ulna
- b. Femur and Tibia
- c. Tibia and Fibula

The thigh bone is called the

- a. Femur
- b. Humerus
- c. Patella

The group of muscles anterior to the femur bone that assist with straightening the knee are called

- a. Hamstrings
- b. Hip Flexors
- c. Quadriceps

The muscles posterior to the femur bone are called

- a. Hamstrings
- b. Hip Flexors
- c. Quadriceps

What is ideal pelvic alignment?

This serves as the support structure for the entire upper body

- a. Core muscles
- b. Spine
- c. Pelvis

The 5 vertebrae in the lower back/spine are called

- a. Cervical
- b. Lumbar
- c. Thoracic

The 12 vertebrae in the center of the spine, which connect to the rib cage, are called:

- a. Cervical
- b. Lumbar
- c. Thoracic

The 7 vertebrae in the upper spine are called

- a. Cervical
- b. Lumbar
- c. Thoracic

The shoulder girdle is made up of the _____ and the _____.

The humerus is *inferior* to the radius and ulna.

- a. True
- b. False

Rectus Abdominis is superficial to Transversalis

- a. True
- b. False

An abductor muscle brings bones closer to the midline.

- a. True
- b. False

The adductors move the leg

- a. Lateral
- b. Medial
- c. Superior
- d. Inferior

When dancers are told to “keep their shoulders down,” the prime mover in this action of the scapula is

- a. Biceps
- b. Triceps
- c. Trapezius

The biceps are anterior, and the triceps are posterior.

- a. True
- b. False

The metacarpals are proximal and the humerus is distal

- a. True
- b. False