

University of M'sila

Institute of Science and Technology of Physical and Sports Activities

First Semester : Correction English Exam.

First year master.....2024/2025

Duration : 1 hour and 30 m

Exircece 1 : Answer the questions..... **(7.5 pts)**

- Which of these part muscle are located below the pecs ?
 1. traps
 2. obliques
 3. **abdominal**
 4. lats
- Which of these part muscle are located in the upper back of your legs ?
 1. calves
 2. glutes
 3. **hamstrings**
 4. erector spine
- Which of these part muscle are located in the upper front of your arm ?
 1. triceps
 2. **biceps**
 3. traps
 4. obliques
- Which of these part muscle help the body keep balance as it moves ?
 1. lats
 2. obliques
 3. hamstrings
 4. **glutes**
- Which of these part muscle help and support the spine from the front ?
 1. abdominal
 2. lats
 3. **obliques**
 4. erector spine

Exircece 2 : Answer the questions..... **(7.5 pts)**

- Which of these part types are not found in the head ?
 - 1- temple
 - 2- **palm**
 - 3- nostril
 - 4- **knuckle**



turn the page

- Which of these part types are found in the hand ?
 1. Thigh
 2. Palm
 3. wrist
 4. forearm
- Which of these part types are not found in the legs ?
 1. chin
 2. Calf
 3. Elbow
 4. thigh
- Which of these part types are found in the arms ?
 1. Elbow
 2. Toe
 3. Wrist
 4. Nostril
- Which of these part types are not found in the foot ?
 1. sole
 2. hip
 3. heel
 4. knee

Exircece 3 : translate text from english to arabic. (5 pts)

Muscles are considered the only tissue in the body that has the ability to contract and move the other body parts. About 40% of your body weight is made up of muscle tissues. Basically, these muscles are used for locomotion, first and foremost, but also for achieving complex and impressive moves, like those involved in martial arts.

تعتبر العضلات النسيج الوحيد في الجسم الذي لديه القدرة على الانقباض وتحريك أجزاء الجسم الأخرى. حوالي 40% من وزن جسمك يتكون من أنسجة عضلية. في الأساس وقبل كل شيء ، تُستخدم هذه العضلات للحركة ، ولكن أيضاً لتحقيق حركات معقدة ومثيرة للإعجاب ، مثل تلك التي تشارك في الفنون القتالية.

Best Luck..... Your Teacher... Ouchene &