

University of M'sila

Institute of Science and Technology of Physical and Sports Activities

Department : physical Education

Duration : 1 hour and 30 minute

Second Semester : English Exam.

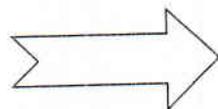
One year master.....2024/2025

Exircece 1 : Give definition with draw motion (رسم حركة) the types of joint movement **(5 pts)**

-flexion - extention – abdaction – addaction .

Exircece 2 : Answer the questions..... **(5 pts)**

- Which of these part types are found in the face ?
 - 1- Eyebrow
 - 2- Shin
 - 3- Cheek
 - 4- Chin
- Which of these part types are found in the hand ?
 - 1- Thigh
 - 2- Palm
 - 3- Pinky finger
 - 4- Knee
- Which of these part types are not found in the legs ?
 - 1- Jaw
 - 2- Calf
 - 3- Elbow
 - 4- Lip
- Which of these part types are not found in the arms ?
 - 1- Heel
 - 2- Toe
 - 3- Wrist
 - 4- Nostril
- Give five types of the body (new) ?



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Exircece 3: Answer the questions..... **(5 pts)**

- Which muscle group is responsible for help control the motions of shoulder and elbow ?
 - 1- Delts
 - 2- Biceps
 - 3- Triceps
- Which muscle group is responsible for straightening of elbow ?
 - 1- Delts
 - 2- Biceps
 - 3- Triceps
- Which muscle group are located in the upper back part of your legs ?
 - 1- Hamstrings
 - 2- Lats
 - 3- Erector
- Which muscle group help the legs straigten ?
 - 1- Glutes
 - 2- Calves
 - 3- Lats
- Which muscle group help the body keep balance as it moves ?
 - 1- Glutes
 - 2- Calves
 - 3- Lats

Exircece 4: answer true or false and correct the false..... **(5 pts)**

- 1- The hair is located inferior to the nostril.
- 2- The nostril is located superior to the eyelash.
- 3- The heart is medial to the triceps.
- 4- The heart is anterior to the sternum.
- 5- Deep shalow from surface.

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

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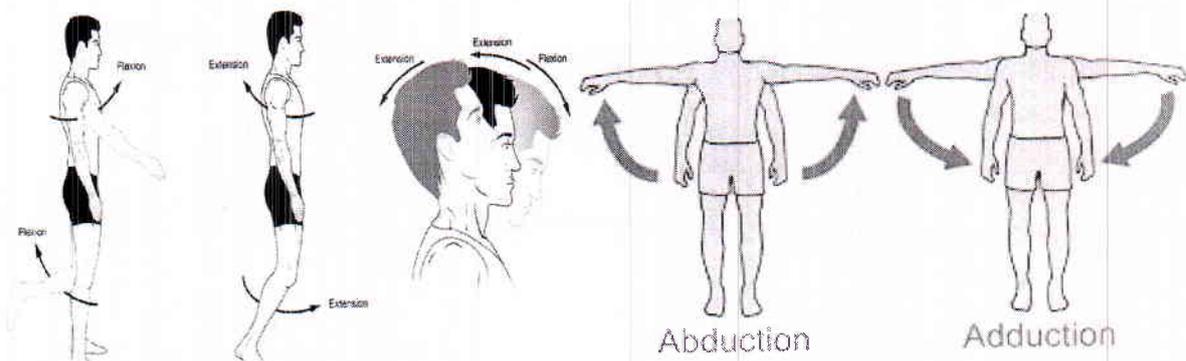
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One year master.....2024/2025

Exircece 1 : give definition with draw motion (رسم حركة) the types of joint movement **(5 pts)**

-flexion - extention – abdaction – addaction .



Exircece 2 : answer the questions..... **(5 pts)**

- Which of these part types are found in the face ?
 - 5- EyebrowX
 - 6- Shin
 - 7- CheekX
 - 8- ChinX
- Which of these part types are found in the hand ?
 - 5- Thigh
 - 6- PalmX
 - 7- Pinky fingerX
 - 8- Knee
- Which of these part types are not found in the legs ?
 - 5- JawX
 - 6- Calf
 - 7- ElbowX
 - 8- LipX
- Which of these part types are not found in the arms ?
 - 5- HeelX
 - 6- ToeX
 - 7- Wrist
 - 8- NostrilX
- Give five types of the body (new) ?
 - Hip – Shoulder – Neck – Fore head – Ankle.

Exircece 3 : answer the questions..... (5 pts)

- Which muscle group is responsible for help control the motions of shoulder and elbow ?
4- Delts
5- BicepsX
6- Triceps
- Which muscle group is responsible for straightening of elbow ?
4- Delts
5- Biceps
6- TricepsX
- Which muscle group are located in the upper back part of your legs ?
4- HamstringsX
5- Lats
6- Erector
- Which muscle group help the legs straigten ?
4- Glutes
5- CalvesX
6- Lats
- Which muscle group help the body keep balance as it moves ?
4- GlutesX
5- Calves
6- Lats

Exircece 4 : answer true or false and correct the false..... (5 pts)

- 6- The hair is located superior to the nostril..... false
- 7- The nostril is located inferior to the eyelash.....false
- 8- The heart is medial to the triceps.true
- 9- The heart is posterior to the sternum. false
- 10- Deep away from surface. false

Best luck.....your tea