

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.

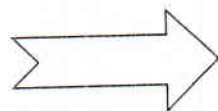
One year master.....2024/2025

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

**-flexion - extention – abduction – 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 ) ?



**turn the page**

**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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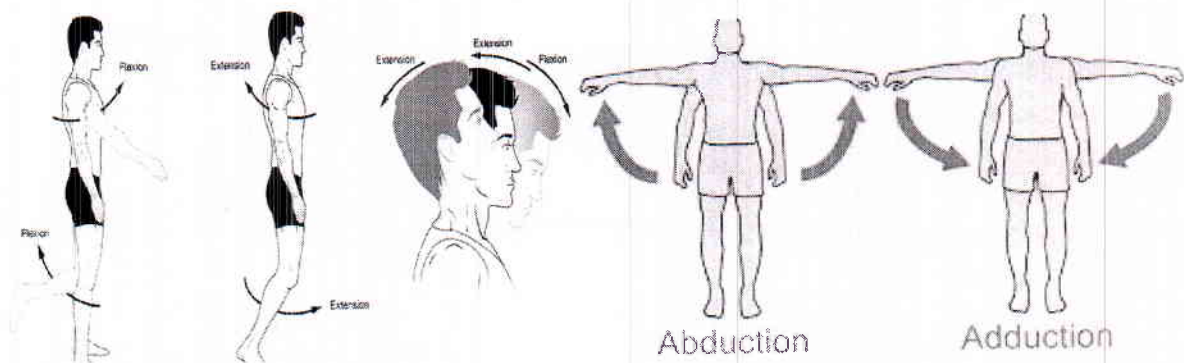
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One year master.....2024/2025

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

**-flexion - extention – abduction – addaction .**



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

- Which of these part types are found in the face ?
  - 5- Eyebrow .....X
  - 6- Shin
  - 7- Cheek .....X
  - 8- Chin .....X
- Which of these part types are found in the hand ?
  - 5- Thigh
  - 6- Palm .....X
  - 7- Pinky finger .....X
  - 8- Knee
- Which of these part types are not found in the legs ?
  - 5- Jaw .....X
  - 6- Calf
  - 7- Elbow .....X
  - 8- Lip .....X
- Which of these part types are not found in the arms ?
  - 5- Heel .....X
  - 6- Toe .....X
  - 7- Wrist
  - 8- Nostril .....X
- 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- Biceps .....X  
6- Triceps
- Which muscle group is responsible for straightening of elbow ?  
4- Delts  
5- Biceps  
6- Triceps .....X
- Which muscle group are located in the upper back part of your legs ?  
4- Hamstrings .....X  
5- Lats  
6- Erector
- Which muscle group help the legs straigten ?  
4- Glutes  
5- Calves .....X  
6- Lats
- Which muscle group help the body keep balance as it moves ?  
4- Glutes .....X  
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 teacher*