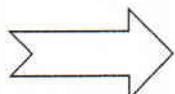


Exercise 1 : Answer the questions..... **(5 pts)**

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

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

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



turn the page

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

Exercise 3 : answer true or false and correct the false..... (10 pts)

- Lets the large muscles upper the traps..... false.....below
- The hamstrings are located in the below back part your legs false.....upper.
- Erector spine help in extending the spine..... True.
- The biceps are located in the back of the below arm..... false.....Front.....upper.
- The abdominals help protect inner organs..... True.

Best Luck..... Your Teacher... Duchene &

University of M'sila

Institute of Science and Technology of Physical and Sports Activities

First Semester : English Exam.

First year Master.....2025/2026

Duration : 1 hour and 30 m

Groups : 01/02.

Name :.....

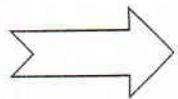
Group :.....

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Exercise 3 : answer true or false and correct the false..... **(10 pts)**

- Lats the large muscles upper the traps.
-
- The hamstrings are located in the below back part your legs .
-
- Erector spine help in extending the spine.
-
- The biceps are located in the back of the below arm.
-
- The abdominals help protect inner organs.
-

Best Luck..... Your Teacher.. Duchene &