

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

Group : 01/02.

Name :.....

Group :.....

Exircece 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

Exircece 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

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

- Lats 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 &

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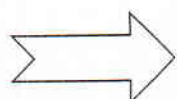
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Exercise 3 : answer true or false and correct the false..... **(10 pts)**

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- The abdominals help protect inner organs.
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