1. Which plane is perpendicular to the longitudinal axis?
   a. frontal
   b. sagittal
   *c. transverse
   d. oblique
   e. vertical

2. A person riding a bicycle forward in a straight line would be moving in the
   a. transverse plane
   *b. sagittal plane
   c. frontal plane
   d. anterior-posterior plane
   e. diagonal plane

3. When cycling forward in a straight line, the knee is rotating about a(n) ____ axis.
   a. longitudinal
   b. vertical
   c. anteroposterior
   *d. mediolateral
   e. vertical

4. Which of the following motions occurs primarily in the sagittal plane?
   *a. running
   b. a cartwheel
   c. a pirouette
   d. all of the above
   e. none of the above

5. Which of the following motions occurs primarily in the frontal plane?
   a. running
   *b. a cartwheel
   c. a pirouette
   d. all of the above
   e. none of the above

6. Which of the following motions occurs primarily in the transverse (horizontal) plane?
   a. running
   b. a cartwheel
   *c. a pirouette
   d. all of the above
   e. none of the above
8. Which of the following limb movements dominate during "jumping jacks"?
   a. flexion and abduction
   b. extension and adduction
   c. flexion and extension
   *d. adduction and abduction
   e. none of the above

9. When shaking the head "yes," the head movement occurs in which of the following planes?
   *a. sagittal
   b. oblique
   c. transverse
   d. frontal

10. Which of the following statements is false?
    a. The wrist is distal to the elbow.
    b. The sternum is located medially within the frontal plane.
    *c. The knee is proximal to the hip joint.
    d. The head is superior to the hips.
    e. All of the above are true.

11. In anatomical terminology, the front portion of the body is called
    a. superior
    b. inferior
    *c. anterior
    d. posterior
    e. none of the above

12. Moving an arm (positioned laterally straight out to the side at shoulder height) back to the midline is called
    *a. adduction
    b. extension
    c. flexion
    d. abduction
    e. circumduction

13. An example of a rotation about the longitudinal axis is a
    a. front walk-over
    b. twist
    *c. somersault
    d. cartwheel
    e. jumping jack