1) An immovable joint is a(n)
   A) synarthrosis.
   B) diarthrosis.
   C) amphiarthrosis.
   D) syndesmosis.
   E) symphysis.

2) A movement toward the midline of the body is termed
   A) inversion.
   B) abduction.
   C) adduction.
   D) flexion.
   E) extension.

3) An extension past the anatomical position is known as
   A) double jointed.
   B) extension.
   C) flexion.
   D) rotation.
   E) hyperextension.

4) Which of the following joints is an example of a ball-and-socket joint?
   A) elbow
   B) knee
   C) ankle
   D) wrist
   E) shoulder

5) Nodding your head up and down is an example of
   A) lateral and medial rotation.
   B) circumduction.
   C) flexion and extension.
   D) pronation and supination.
   E) protraction and retraction.
6) The dense layer of collagen fibers that surround an entire skeletal muscle is the
   A) tendon.  
   B) **epimysium.**  
   C) endomysium.  
   D) perimysium.  
   E) fascicle.

7) The bundle of collagen fibers at the end of a skeletal muscle that attaches the muscle to bone is called a(n)
   A) fascicle.  
   B) **tendon.**  
   C) ligament.  
   D) epimysium.  
   E) myofibril.

8) Skeletal muscle fibers differ from “typical cells” in that muscle fibers
   A) lack a cell membrane.  
   B) **have many nuclei.**  
   C) are very small.  
   D) lack mitochondria.  
   E) both B and C

9) Thick filaments are composed of
   A) actin molecules.  
   B) **myosin molecules.**  
   C) troponin molecules.  
   D) tropomyosin molecules.  
   E) calcium ions.

10) The area of the sarcomere that contains only thin filaments is the
    A) Z line.  
    B) M line.  
    C) H band.  
    D) A band.  
    E) **I band.**

**Bonus Question** - Choose one (Note: 100% is maximum quiz score):

The functional unit of a skeletal muscle fiber is the
   A) sarcolemma.  
   B) **sarcomere.**  
   C) sarcoplasmic reticulum.  
   D) myofibril.  
   E) myofilament.