

Abdominal Muscles Quiz Answer Key PDF

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Which of the following is NOT a function of the abdominal muscles?

- A. Protect internal organs
- B. Assist in breathing
- C. Pump blood ✓**
- D. Maintain posture

What is a common injury associated with overexertation of the abdominal muscles?

- A. Fracture
- B. Strain ✓**
- C. Dislocation
- D. Sprain

Which exercise primarily targets the oblique muscles?

- A. Plank
- B. Sit-up
- C. Russian Twist ✓**
- D. Leg Raise

Which abdominal muscle is located deepest in the abdominal wall?

- A. Rectus Abdominis
- B. External Obliques
- C. Internal Obliques
- D. Transversus Abdominis ✓**

Which muscle is commonly referred to as the "six-pack"?

- A. External Obliques
- B. Rectus Abdominis ✓**
- C. Internal Obliques
- D. Transversus Abdominis

What is the primary function of the transversus abdominis muscle?

- A. Flex the spine
- B. Rotate the trunk
- C. Stabilize the lower back and pelvis ✓**
- D. Extend the spine

Which structure separates the left and right abdominal muscles?

- A. Linea Alba ✓**
- B. Tenderinous Intersections
- C. Rectus Sheath
- D. Inguinal Ligament

What are common symptoms of an abdominal muscle strain? (Select all that apply)

- A. Sharp pain ✓**
- B. Swelling ✓**
- C. Bruising ✓**
- D. Numbness

What roles do the abdominal muscles play in the body? (Select all that apply)

- A. Support and stability ✓**
- B. Digestion
- C. Breathing ✓**
- D. Posture maintenance ✓**

Which muscles are involved in creating intra-abdominal pressure? (Select all that apply)

- A. Rectus Abdominis ✓**
- B. External Obliques

- C. Internal Obliques ✓**
- D. Transversus Abdominis ✓**

Which muscle assists in trunk rotation to the opposite side?

- A. Rectus Abdominis
- B. External Obliques ✓**
- C. Internal Obliques
- D. Transversus Abdominis

Which of the following are benefits of a strong core? (Select all that apply)

- A. Improved balance ✓**
- B. Enhanced digestion
- C. Better posture ✓**
- D. Increased flexibility

Which of the following exercises are effective for strengthening the core muscles? (Select all that apply)

- A. Plank ✓**
- B. Squats
- C. Sit-ups ✓**
- D. Leg Raises ✓**

Which lifestyle factors contribute to visible abdominal muscles? (Select all that apply)

- A. Balanced diet ✓**
- B. High sugar intake
- C. Regular exercise ✓**
- D. Proper hydration ✓**