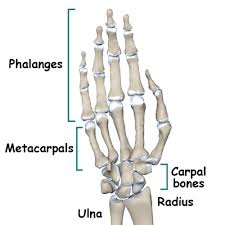
Use the word bank below to answer questions #1-15.

1. Radius D. Carpals AC. Hamate BC. Triquetrium CD. Scaphoid
2. Phalanges E. Lunate AD. Trapezoid BD. Trapezium
3. Ulna AB. Pisiform AE. Metacarpals BE. Capitate



6.

1.

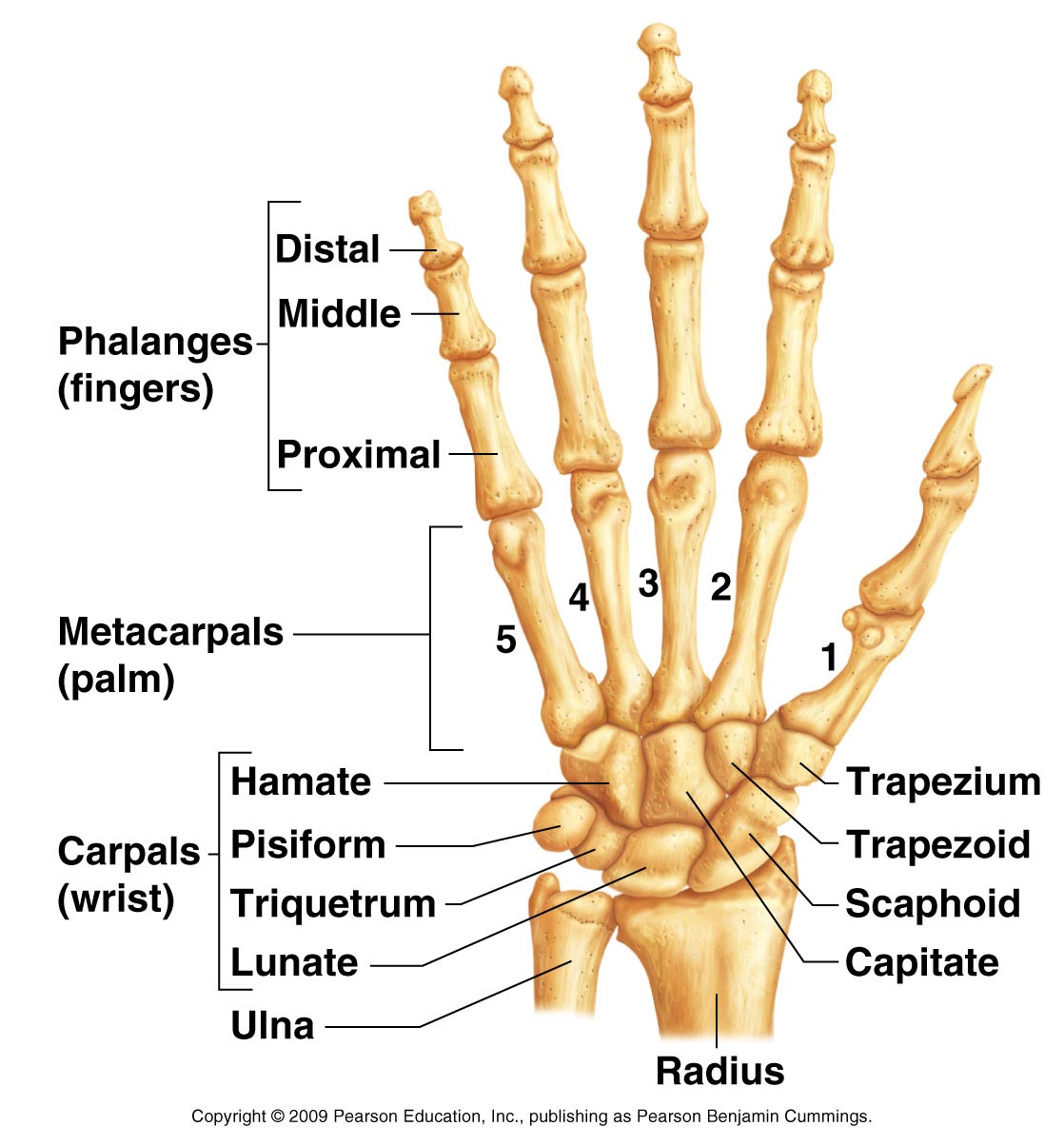
2.

5.

3.

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8.

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10.

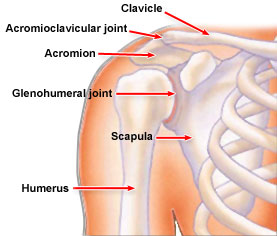
11.

12.

13.

14.

15.



22.

16.

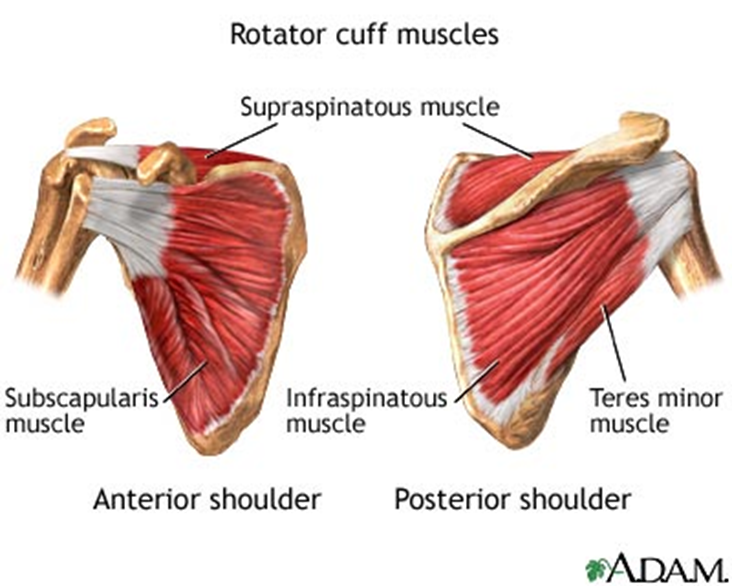
17.

21.

18.

19.

20.

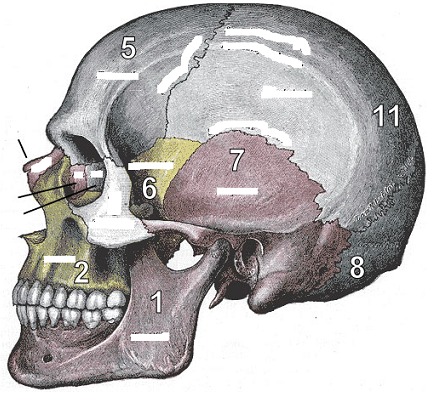


26.

25.

24.

23.



11.

10.

9.

8.

1.

7.

6.

5.

4.

3.

2.

Skull Anatomy: Match the correct number to the bones listed below.

27. \_\_\_\_\_Styloid Process

28. \_\_\_\_\_ Lacrimal Bone

29. \_\_\_\_\_ Occipital Bone

30. \_\_\_\_\_ Zygomatic Bone

31. \_\_\_\_\_ Maxilla

32. \_\_\_\_\_ Vomer Bone

33. \_\_\_\_\_ Mandible

34. \_\_\_\_\_ Parietal Bone

35. \_\_\_\_\_ Ethmoid Bone

36. \_\_\_\_\_ Frontal Bone

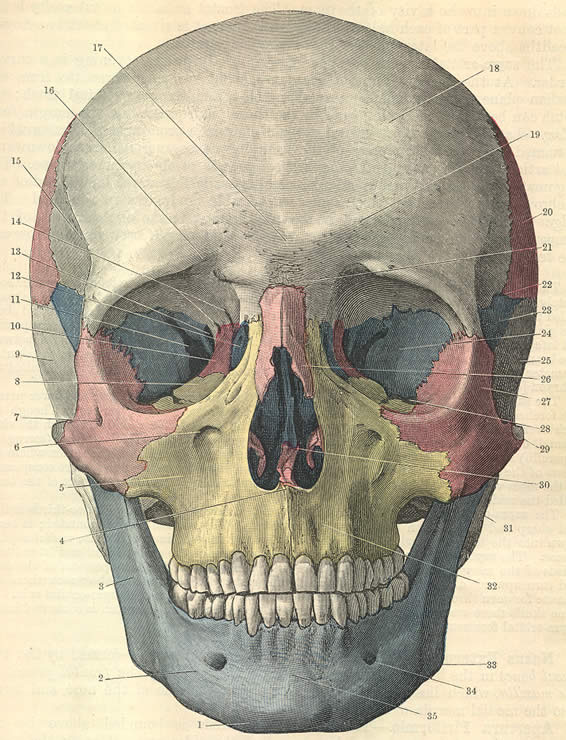
37. \_\_\_\_\_ Temporal Bone

38. \_\_\_\_\_ Nasal Bone

39. \_\_\_\_\_ Mastoid Process

40. \_\_\_\_\_ Occipital Protuberance

41. \_\_\_\_\_ Sphenoid Bone

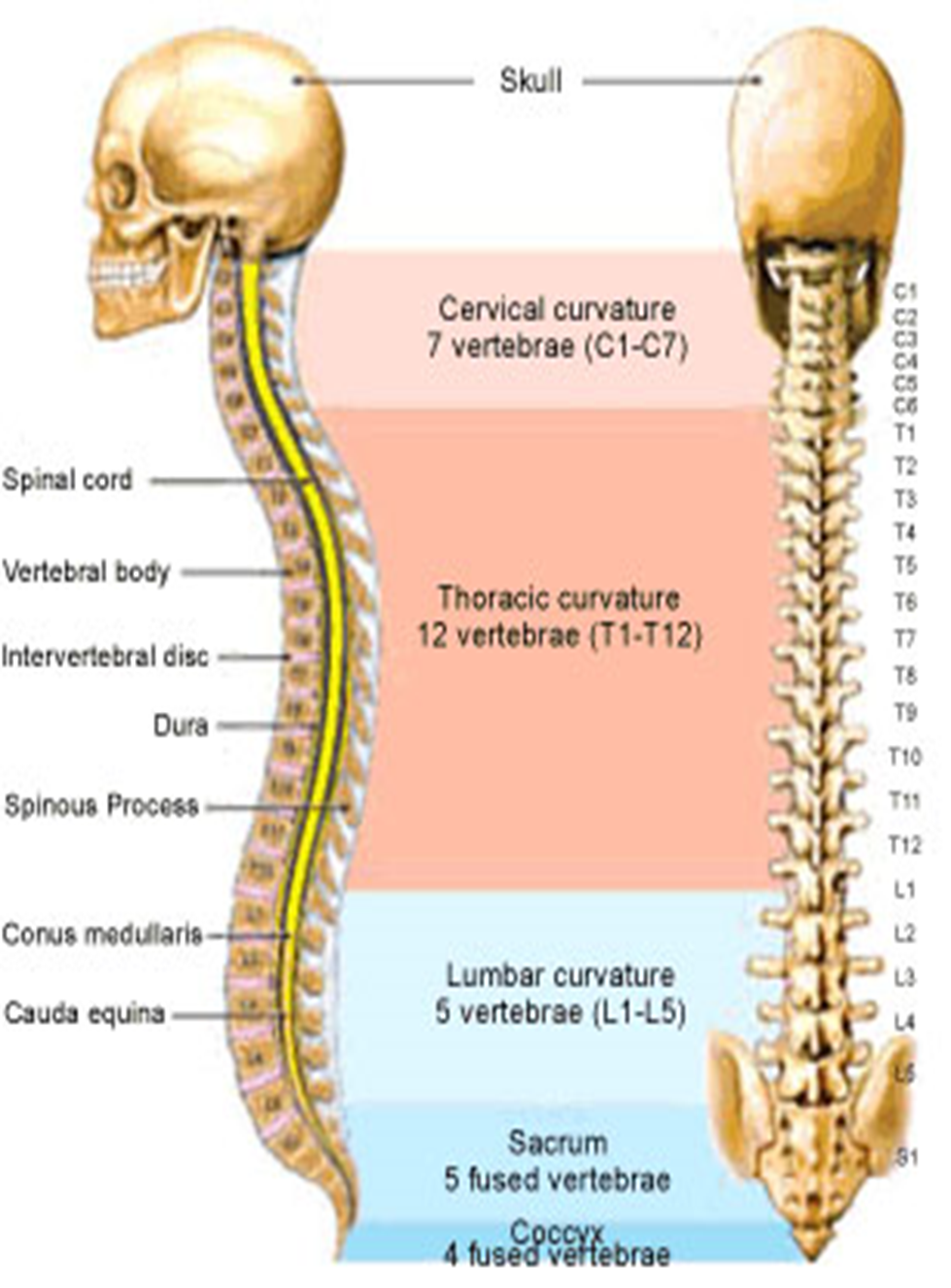


14.

15.

12.

13.



Name each set of vertebrae and list how many vertebrae are in each set.

42.

43.

44.

45.

46.

46.

45.

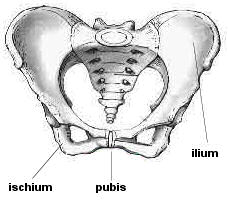
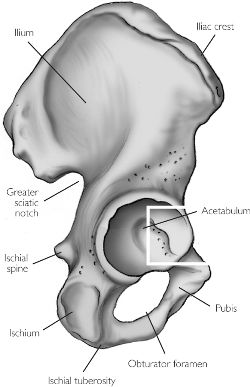
44.

43.

42.

51.

50.

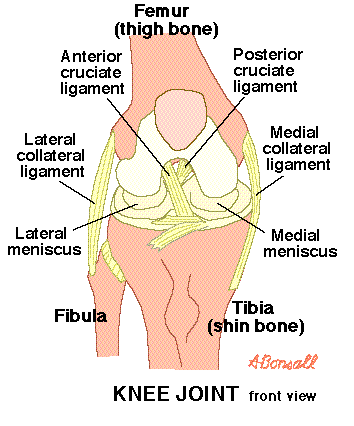
53.

52.

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54.

55.

56.

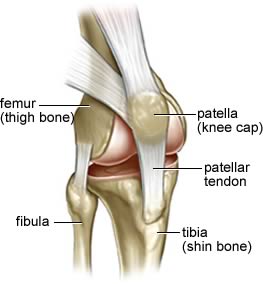
57.

58.

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66.

65.

64.

63.

62.

**Match the injury with its description.**

1. Bursitis C. Stress Fracture E. Hip Fracture G. Overuse Injuries
2. Hamstring Strain D. IT Band Syndrome F. Groin Strain H. Quadriceps Strain
3. \_\_\_Common in sports that require sideways changes in direction.
4. \_\_\_Most commonly located over the outside of the hip at the trochanteric bursa.
5. \_\_\_Most frequently affect the long head of the biceps femoris.
6. \_\_\_Occur most often in runners and dancers.
7. \_\_\_Refers to a break in the proximal portion of the femur, most common types.
8. \_\_\_Involves inflammation of the IT Band.
9. \_\_\_Common in sports that require jumping, kicking and repetitive sprinting.
10. \_\_\_Examples: Chronic muscles strains, Stress fractures, Tendonitis, Snapping hip, Bursitis.
11. injury when the space between the humeral head and acromion becomes narrowed
12. Can be caused by excessive overuse or traumatic injury; pulled muscle
13. Break in the bone
14. These injuries involve the deepest soft tissue in the shoulder
15. Inflammation of the biceps tendon
16. Complete tear of the tendon; grade 3 strain
17. Separation between the acromion process and the clavicle
18. Results in the head of the humerus being completely out of the glenoid fossa

75. \_\_\_\_ Biceps tendonitis

76. \_\_\_\_ Impingement Syndrome

78. \_\_\_\_ Muscle Strain

79. \_\_\_\_ Rotator Cuff Tear

80. \_\_\_\_ Fracture

81. \_\_\_\_ Acromioclavicular Separation

82. \_\_\_\_ Glenohumeral Dislocation

83. \_\_\_\_ Glenoid Labrum Tear

***Name the following methods that are used in Sports Psychology.***

1. Serves to activate or energize behavior.
2. One of the most powerful techniques for human motivation.
3. Helps create, modify, or strengthen neurologic pathways that are important to the coordination of muscles.
4. Teaches the brain to cope with circumstances that would not be otherwise be encountered until an important competition.

**Using the three categories of Sports Psychology discussed in class, classify the following psychologist:**

1. When a sports psychologist researches the mind and athlete’s behavior/emotions then they are considered what type of sports psychologist? (hint: they usually work at a university or lab)
2. This type of sports psychologist Emphasizes working with athletes in an athletic environment.
3. If the athlete wants to see this type of sports psychologist then they will have to go to the psychologist’s office.

***Match the description to the injury.***

1. Boxer’s Fracture E. Gamekeeper’s Thumb I. Scaphoid Fracture
2. Colle’s Fracture F. Ulnar Contusion J. Radial Tunnel Syndrome
3. Tennis Elbow G. Carpal Tunnel Syndrome
4. Golfer’s Elbow H. Cubital Tunnel Syndrome
5. \_\_\_ Median nerve injury is also known as.
6. \_\_\_ Lateral epicondylitis
7. \_\_\_ Ulnar nerve injury is also known as.
8. \_\_\_ This fracture occurs to the scaphoid bone.
9. \_\_\_ An injury to the UCL ligament at the MPJ joint.
10. \_\_\_ This is a fracture that occurs right above the wrist on the radius bone.
11. \_\_\_ This fracture occurs to the 5th metacarpal.
12. \_\_\_ Hitting your funny bone.
13. \_\_\_ Medial Epicondylitis
14. \_\_\_Wrist nerve impingement

|  |  |  |
| --- | --- | --- |
| **Number:** | **Name:** | **Function:** |
| I | Olfactory | **101?** |
| **102.?** | Optic | **103.?** |
| III | **104.?** | Pupil Movement |
| IV | Trochlear | **105.?** |
| **106.?** | **107.?** | **108.?** |
| VI | Abducens | Lateral Eye Movement |
| **109.?** | Facial | **110.?** |
| VIII | Vestibulocochlear | **111?** |
| IX | **112.?** | **113?** |
| X | **114?** | Gag Reflex |
| **115.?** | **116.?** | Shrug Shoulders |
| **117.?** | Hypoglossal | **118.?** |

**A.** Appendicular Skeleton **B.** Epiphysis **C.**Periosteum  **D.**Ossification **E.**Osteoclast **F.** Remodeling

**G.** Diaphysis **H.** Axial Skeleton **I.**Osteocyte **J.** Spongy Bone **K.** Medullary Canal **L.** Osteoblast

1. \_\_\_\_ Bone cells that build bone
2. \_\_\_\_ The end of a long bone
3. \_\_\_\_ Center of the shaft of a long bone
4. \_\_\_\_ The bones of the head and trunk (skull, spine, sternum, and ribs)
5. \_\_\_\_ The process of bone formation
6. \_\_\_\_ Bone cells that reabsorb bone
7. \_\_\_\_ The shaft of a long bone
8. \_\_\_\_ Fibrous tissue that covers the bone
9. \_\_\_\_ Bone cell
10. \_\_\_\_ Bones of the pelvis and shoulder girdles, and limbs
11. \_\_\_\_ Results from the breakdown of hard bone
12. \_\_\_\_ The process of absorbing and replacing bone in the skeletal system
13. Name the 3 muscles that make up the Hamstring group:
14. Name the 4 muscles that make up the Quadriceps group:
15. Flexor Carpi Ulnaris = Extends the 5th metacarpal

T F

134. Rectus Femoris = Extends knee, flexes hip

T F

135. Pectoralis Major = Abducts, extends, and medially rotates shoulder

T F

136. Gluteus Medius = Abducts and medially rotates thigh

T F

137. List **and** explain 4 injuries to the Knee.

1. All PPE forms should be kept and stored for a minimum of \_\_\_\_\_\_ years after the athlete graduates or leaves the school due to statute of limitations.
2. Main goal is to maintain the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the athlete.
3. Should take place at least ­­­­­­\_\_\_\_\_ weeks before the sports season.
4. What are the two parts of a sports physical?
5. List and explain the three types of clearance for sports physicals.
6. What connects the bones of the cranium?
7. Name the 2 parts of the central nervous system.
8. What part of the autonomic nervous system is responsible for the “flight or fight” response?
9. Explain the following injuries **and** how to treat them:

* “Stinger”
* Concussion
* Second Impact Syndrome
* Cervical Neck Injuries
* Disk Herniation
* Subdural hematoma