

Chapter 2 Quiz: Dynamic, Ground-Base Spinal & Upper Extremities

1. T/F – Activating the psoas is critical for the Ground-Base series.
2. T/F – Iso-Pendelums activate neural drive?
3. Which is the best answer for coaching the Spiderman dynamic?
 - A. Anterior Lower Activation, Anterior Torso Activation & Total Neural Drive
 - B. Posterior Lower Activation, Posterior Torso Activation & Total Neural Drive
 - C. Anterior Lower Activation, Posterior Torso Activation & Total Neural Drive
 - D. A & C
4. Which of these factors are incorporated for High Knee-to-Low Knee Skips?
 - A. Tilt
 - B. Coordination
 - C. Traction Equality
 - D. A, B & C
5. Which one of these Dynamic Series progressions emphasizes traction?
 - A. Slow Tempo
 - B. Ballistic Tempo
 - C. Fast Tempo
 - D. A & B
6. T/F – Ground Base Spinal Dynamics incorporate Type IIB fibers?
7. T/F – 90 Degree isokinetic vibrations target the AC & Rotator cuff?
8. Neck 360s should be performed with what kind of tempo?
 - A. Medium
 - B. Slow
 - C. Fast
 - D. Ballistic
9. T/F - Iso-Hip Extensions connect the Illiotibial band to the Hamstrings?
10. The 'Hip Ball-and-Socket' joint is featured in the _____ & _____ series.

Answers: 1.) F 2.) T 3.) A 4.) D 5.) B 6.) F 7.) T 8.) A 9.) F 10.) Fast / Balance

