

Examiner: _____ Taker: _____

Mini Mock #1

___/ 5 1. Teach your client how to stretch their Obturator Externus/ Internus.

Stretched Position of the Hip

- *Medial Rotation*

Blanket consent for entire kinesiology section Y / N

___/ 5 2. Passively demonstrate and verbalize a lengthened position of the Adductor Brevis

Actions of the Hip to Lengthened

- *Abduction*
- *Extension*

___/ 5 3. Outline the belly of the Plantaris including all attachments

O= *Lateral Condyle of femur*

I- *Calcaneus*

___/ 5 “On the client, passively demonstrate and verbalize all actions of the Plantaris”

Actions of the Knee

- *Flexion*

Actions of the Foot

- *Plantar Flexion*

___/ 5 4. Outline the belly of the Flexor Carpi Ulnaris including all attachments

O= Medial epicondyle of the humerus

I= Base of 5th Metacarpal

___/ 5 “On the client, passively demonstrate and verbalize all actions of the Flexor Carpi Ulnaris”

Actions of the Wrist

- *Flexion*
- *Ulnar Deviation*

___/ 5 **5. Outline the belly of the Peroneus (Fibularis) Longus including all attachments**

O= Proximal Lateral Fibula I= Medial Foot (Base of 1st MT)

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Peroneus (Fibularis) Longus ”**

Actions of the Foot

- *Plantar Flexion*
- *Eversion*

___/ 5 **6. Outline the belly of the Trapezius including all attachments**

O= Occiput I= Lateral 1/3 of Clavical
 Nuchal Ligament Acromion Process
 Spinous Processes of C7 – T12 Spine of Scapula

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Trapezius”**

Actions at the Neck

- *Extension*
- *Lateral Flexion*
- *Rotation*

Actions of the Scapula

- *Retraction (adduction)*
- *Elevation*
- *Upward Rotation*
- *Depression*

___/ 5 **7. Outline the belly of the Gluteus Maximus including all attachments**

O= Posterior Iliac Crest, Sacrum, Coccyx I= Iliotibial band (ITB), Gluteal tuberosity

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Gluteus Maximus”**

Actions at the Hip

- *Extension*
- *Lateral Rotation*
- *Abduction*
- *Adduction*

KINESIOLOGY SCORE ___/ 60

State Passing = 42

Mock Passing = 48

Examiner: _____ Taker: _____

Mini Mock #2

___/ 5 1. Teach your client how to stretch their Rectus Abdominis.

Stretched Position of the Trunk
Extension Lateral flexion

Blanket consent for entire kinesiology section Y / N

___/ 5 2. Passively demonstrate and verbalize a lengthened position of the Rhomboids

Actions of the Scapula to Lengthen
 - *Protraction (Abduction)*
 - *Depression*
 - *Upward Rotation*

___/ 5 3. Outline the belly of the Serratus Anterior including all attachments

O= Anterior surface of entire medial border of scapula **I**= Ribs 1 – 9 (Anteriolaterlly)

___/ 5 “On the client, passively demonstrate and verbalize all actions of the Serratus Anterior”

Actions of the Scapula
Protraction (abduction) Upward Rotation
Depression Elevation

___/ 5 4. Outline the belly of the Coracobrachialis including all attachments

O= Coracoid Process of scapula **I**= Medial shaft of humerus

___/ 5 “On the client, passively demonstrate and verbalize all actions of the Coracobrachialis”

Actions of the Shoulder
 - *Horizontal Adduction*
 - *Adduction*
 - *Flexion*

___/ 5 **5. Outline the belly of the Sternocleidomastoid including all attachments**

O= Manubrium of sternum, Medial Clavicle I= Mastoid Process

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Sternocleidomastoid”**

Actions at the Neck

- Flexion
- Lateral Flexion
- Rotation

Actions of the Head

- Extension

___/ 5 **6. Outline the belly of the Extensor Digitorum (Communis) including all attachments**

O= Lateral Epicondyle I= Distal Phalanges of Digits 2 – 5

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Extensor Digitorum (Communis)”**

Actions at the Wrist

- Extension

Actions of the Digits 2-5

- Extension

___/ 5 **7. Outline the belly of the Sub-Occipitals including all attachments**

O= Occipital Bone I= C1 / C2

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Sub-Occipitals”**

Actions at the Head

- Extension
- Lateral Flexion
- Rotation
- Protraction

KINESIOLOGY SCORE ___/ 60

State Passing = 42

Mock Passing = 48

Recommendations/ Comments:

Examiner: _____ Taker: _____

Mini Mock #3

___/ 5 **1. Teach your client how to stretch their Tensor Fascia Latae.**

Stretched Position of the Hip

Extention

Adduction

Lateral rotation

Blanket consent for entire kinesiology section Y / N

___/ 5 **2. Passively demonstrate and verbalize a lengthened position of the Vastus Medialis**

Actions of the Knee to Lengthened

- Flexion

___/ 5 **3. Outline the belly of the Semitendinosus including all attachments**

O= Ischial Tuberosity I- Pes Anserine Tendon

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Semitendinosus”**

Actions of the Hip

Actions of the Knee

Extension Adduction Medial Rotation Flexion / Medial Rotation of the flexed knee

___/ 5 **4. Outline the belly of the Gluteus Medius including all attachments**

O= External Ilium I= Greater Trochanter

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Gluteus Medius”**

Actions of the Hip

Flexion

Medial Rotation

Lateral Rotation

Extension Abduction

___/ 5 **5. Outline the belly of the Piriformis including all attachments**

O= Anterior Sacrum I= Greater Trochanter

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Piriformis”**

Actions at the Hip

Lateral Rotation Horizontal abduction of the flexed hip

___/ 5 **6. Outline the belly of the Splenius Capitis including all attachments**

O= Spinous processes of C 3 - T 4 I= Mastoid Process and occipital bone (Lateral 1/3)

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Splenius Capitis”**

Actions at the Neck

Extension Lateral Flexion Rotation

___/ 5 **7. Outline the belly of the Teres Minor including all attachments**

O= Superior Lateral Border of Scapula I= Greater Tubercle

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Teres Minor”**

Actions at the Shoulder

- *Lateral Rotation*
- *Extension*
- *Adduction*
- *Horizontal Abduction*

KINESIOLOGY SCORE ___/ 60

State Passing = 42

Mock Passing = 48

Recommendations/ Comments:

Examiner: _____ Taker: _____

Mini Mock #4

___/ 5 1. Teach your client how to stretch their Subscapularis.

*Stretched Position of the Shoulder
Lateral Rotation*

Blanket consent for entire kinesiology section Y / N

___/ 5 2. Passively demonstrate and verbalize a lengthened position of the Pectineus

Actions of the Hip to Lengthened
- Abduction
- Extension

___/ 5 3. Outline the belly of the Levator Scapula including all attachments

O= Medial Border/ Superior Angle of scapula I- TP of C1 C4

___/ 5 “On the client, passively demonstrate and verbalize all actions of the Levator Scapula”

Actions of the Neck Actions of the Scapula
Extension Lateral Flexion Rotation Elevation Downward Rotation

___/ 5 4. Outline the belly of the Rectus Femoris including all attachments

O= AIIS I= Tibial Tuberosity

___/ 5 “On the client, passively demonstrate and verbalize all actions of the Rectus Femoris”

Actions of the Hip Actions of the knee
Flexion Extension

___/ 5 **5. Outline the belly of the Erector Spinae Group (ESG's) including all attachments**

O= Sacrum, Ilium, TP's, SP's I= Rib cage, TP's, SP's, Mastoid Process

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Erector Spinae Group (ESG's)”**

Actions at the Trunk Actions at the neck
Extension, Lateral Flexion, Rotation Extension, Lateral Flexion, Rotation

___/ 5 **6. Outline the belly of the Flexor Digitorum Profundus including all attachments**

O= Medial / Anterior Ulna I= Digits 2 – 5 (D.I.P.)

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Flexor Digitorum Profundus”**

Actions at the Wrist Actions of Digits 2-5
Flexion Flexion

___/ 5 **7. Outline the belly of the Extensor Digitorum Longus including all attachments**

O= Proximal Anterior Fibula I= Dorsal Surface of Toes 2-5

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Extensor Digitorum Longus”**

Actions at the Foot Actions of toes 2-5
Dorsi Flexion Extension
Eversion

KINESIOLOGY SCORE ____/ 60

State Passing = 42

Mock Passing = 48

Recommendations/ Comments:

Examiner: _____ Taker: _____

Mini Mock #5

___/ 5 **1. Teach your client how to stretch their Gracilis.**

Stretched Position of the Hip

Abduction

Extension

Stretched position of the knee

Extension

Blanket consent for entire kinesiology section Y / N

___/ 5 **2. Passively demonstrate and verbalize a lengthened position of the Adductor Longus**

Actions of the Hip to Lengthened

- *Abduction*
- *Extension*

___/ 5 **3. Outline the belly of the Quadratus Lumborum including all attachments**

O= *Posterior iliac crest*

I= *12th Rib, TP of L1- L4*

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Quadratus Lumborum”**

Actions of the Trunk

Extension Lateral Flexion

Actions of the Hip (pelvis)

Elevation

___/ 5 **4. Outline the belly of the Scalenes including all attachments**

O= *1st and 2nd Ribs* **I=** *TP's of Cervical Spine*

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Scalenes”**

Actions of the Neck

Flexion

Lateral Flexion

Rotation

___/ 5 **5. Outline the belly of the Tibialis Anterior including all attachments**

O= Lateral Tibial Condyle I= 1st Cuneiform, 1st Metatarsal

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Tibialis Anterior”**

*Actions at the Foot
Dorsi Flexion
Inversion*

___/ 5 **6. Outline the belly of the Peroneus Fibularis Longus including all attachments**

O= Proximal Lateral Fibula I= Medial foot (Base of the 1st Metatarsal)

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Peroneus Fibularis Longus”**

*Actions at the Foot
Plantar Flexion
Eversion*

___/ 5 **7. Outline the belly of the Abductor Pollicis Longus including all attachments**

O= Posterior Radius/ Ulna I= Base Of 1st Metacarpal

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Abductor Pollicis Longus”**

*Actions of the Thumb
Abduction
Extension*

KINESIOLOGY SCORE _____/ 60

State Passing = 42

Mock Passing = 48

Recommendations/ Comments:

Examiner: _____ Taker: _____

Mini Mock #6

___/ 5 1. Teach your client how to stretch their **Internal Obliques**.

Stretched Position of the Trunk

Extension

Lateral Flexion

Rotation

Blanket consent for entire kinesiology section Y / N

___/ 5 2. Passively demonstrate and verbalize the lengthened position of the **Pectoralis Major**

Actions of the Shoulder to Lengthened

- *Abduction* *Horizontal Abduction*
- *Extension* *Lateral Rotation*

___/ 5 3. Outline the belly of the **Gluteus Minimus** including all attachments

O= *External Ilium* **I**- *Greater Trochanter*

___/ 5 “On the client, passively demonstrate and verbalize all actions of the **Gluteus Minimus**”

Actions of the Hip

Flexion *Lateral Rotation* *Abduction* *Medial Rotation* *Extension*

___/ 5 4. Outline the belly of the **Pectoralis Minor** including all attachments

O= *Ribs 3-5* **I**= *Coracoid Process of Scapula*

___/ 5 “On the client, passively demonstrate and verbalize all actions of the **Pectoralis Minor**”

Actions of the Scapula

Depression

Abduction *Downward Rotation*

___/ 5 **5. Outline the belly of the Temporalis including all attachments**

O= *Temporal Fossa* I= *Coronoid Process of Mandible*

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Temporalis”**

Actions at the Mandible

Elevation

Retraction

___/ 5 **6. Outline the belly of the Biceps Brachii including all attachments**

O=

1st: Supraglenoid Tubercle

2nd: Coracoid Process

I=

Radial Tuberosity

Bicipital Aponeurosis

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Biceps Brachii”**

Actions at the Shoulder

Flexion

Adduction

Actions at the Elbow

Flexion

Supination

___/ 5 **7. Outline the belly of the Soleus including all attachments**

O= *Posterior Tibia/Fibula*

I= *Calcaneus*

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Soleus”**

Actions of the Foot

Plantar Flexion

Inversion

KINESIOLOGY SCORE ___/ 60

State Passing = 42

Mock Passing = 48

Recommendations/ Comments:

Examiner: _____ Taker: _____

Mini Mock #7

___/ 5 **1. Teach your client how to stretch their Psoas Major.**

Stretched Position of the Trunk
Extension
Lateral Flexion
Rotation

Stretched Position of the Thigh
Extension
Medial Rotation

Blanket consent for entire kinesiology section Y / N

___/ 5 **2. Passively demonstrate and verbalize a lengthened position of the Sartorius**

Actions of the Hip to Lengthened
Extension Adduction Medial Rotation

Actions of the Knee to Lengthen
Extension

___/ 5 **3. Outline the belly of the Semimembranosus including all attachments**

O= 1st Ischial Tuberosity, I- Medial Condyle of Tibia

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Semimembranosus**

Actions of the Hip
Medial Rotation Extension

Actions of the Knee
Flexion Medial Rotation of flexed knee

___/ 5 **4. Outline the belly of the Flexor Digitorum Longus including all attachments**

O= Middle Posterior Tibia I= Plantar Surface of Toes 2-5

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Flexor Digitorum Longus”**

Actions of the Foot
Plantar Flexion Inversion

Actions of Toes 2-5
Flexion

___/ 5 **5. Outline the belly of the Brachioradialis including all attachments**

O= Lateral Supracondylar Ridge I= Styloid Process of Radius

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Brachioradialis”**

*Actions at the Elbow
Flexion*

*Actions of the Forearm
(with resistance)
Pronation to midline Supination*

___/ 5 **6. Outline the belly of the Latissimus Dorsi including all attachments**

O= SP's of T7 – L5, Sacrum, Iliac Crest I= Medial Lip of Bicipital Groove

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Latissimus Dorsi”**

*Actions at the Shoulder
Extension
Medial Rotation
Adduction*

___/ 5 **7. Outline the belly of the Triceps Brachii including all attachments**

*O= Infraglenoid Tubercle, Posterior shaft of humerus, Mid-Posterior shaft of humerus
I= Olecranon Process of the ulna*

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Triceps Brachii”**

*Actions of the Shoulder
Extension Adduction*

*Actions of the Elbow
Extension*

KINESIOLOGY SCORE ___/ 60

State Passing = 42

Mock Passing = 48

Recommendations/ Comments:

Examiner: _____ Taker: _____

Mini Mock #8

___/ 5 **1. Teach your client how to stretch their Scalenes.**

Stretched Position of the Neck

Extension

Lateral Flexion

Rotation

Blanket consent for entire kinesiology section Y / N

___/ 5 **2. Passively demonstrate and verbalize a shortened position of the Brachialis**

Actions of the Elbow to Shorten

Flexion

___/ 5 **3. Outline the belly of the Extensor Carpi Ulnaris including all attachments**

O= *Lateral Epicondyle* **I=** *Base of 5th Metacarpal*

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Extensor Carpi Ulnaris**

Actions of the Wrist

Extension

Ulnar Deviation

___/ 5 **4. Outline the belly of the Tibialis Posterior including all attachments**

O= *Posterior Tibia / Fibula* **I=** *Plantar Surface of Foot*
(Metatarsals 2-4, All Tarsals except talus)

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Tibialis Posterior ”**

Actions of the Ankle

Plantar Flexion

Inversion

___/ 5 **5. Outline the belly of the Splenius Cervicis including all attachments**

O= Spinous Processes of T3 – T6 I= Transverse Process of C1 – C3

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Splenius Cervicis”**

Actions at the Neck

Extension

Lateral Flexion

Rotation

___/ 5 **6. Outline the belly of the Teres Major including all attachments**

O= Inferior Lateral Border of Scapula I= Medial Lip of Bicipital Groove

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Teres Major ”**

Actions at the Shoulder

Extension

Medial Rotation

Adduction

___/ 5 **7. Outline the belly of the Vastus Medialis including all attachments**

O= Medial Lip Linea Aspera I= Tibial Tuberosity

___/ 5 **“On the client, passively demonstrate and verbalize all actions of the Vastus Medialis”**

Actions of the Knee

Extension

KINESIOLOGY SCORE _____/ 60

State Passing = 42

Mock Passing = 48

Recommendations/ Comments:

___ / 5 5. Outline the belly of the Coracobrachialis including all attachments

O
= Coracoid Process of Scapula *I* = Medial Shaft of Humerus

___ / 5 “On client, passively demonstrate and verbalize all actions of the Coracobrachialis

Actions of the Shoulder
– **H**orizontal Adduction
– Adduction Flexion
– **F**lexion

___ / 5 6. Outline the belly of the Extensor Hallicus Longus including all attachments

O Medial Anterior Fibula *I* = Dorsal Surface of 1st Toe
=

___ / 5 “On client, passively demonstrate and verbalize all actions of the Extensor Hallicus Longus

Actions of the Foot *Actions of the 1st Toe*
– Dorsi Flexion – Extension
– Inversion

___ / 5 7. Outline the belly of the Vastus Lateralis including all attachments

O
= Linea Aspera of Femur *I* = Tibial Tuberosity

___ / 5 “On client, passively demonstrate and verbalize all actions of the Vastus Lateralis

Actions of the Knee
– Extension

KINESIOLOGY
SCORE

___ /60

State Passing = 42

Mock Passing =48

Recommendations/ Comments:

