	Examiner	Taker:	V2.4
Mini Mo	ock #A		
/5	1. Teach your client how to stretch their _	Pectineus	
	Stretched Position of the <u>Thigh</u> – Abduction		
Blanket conse	ent for entire kinesiology section $Y/N$		
/5	2. Passively demonstrate and verbalize a sl	hortened position of the Semit	endinosus
	Actions of the <u>Hip</u> to <u>Shorten</u> – Extension  – Medial Rotation	Actions of the <u>Knee</u> to <u>Shorte</u> – Flexion – Medial Rotation of Fl	
/5	3. Outline the belly of the Palm	naris Longus including all a	attachments
	O = Medial Epicondyle of Humerus	I = Palmar Fascia	
/5	"On client, passively demonstrate and verbaliz	ze all actions of the Palmaris	Longus
	· ·	s of the Elbow – Tenses Flexion Fascia	Palmar
/5	4. Outline the belly of the Extensor I	Digitorum Longus including all a	attachments
	O = Proximal Anterior Fibula	I = Dorsal Surface of Toes	32-5
/5	"On client, passively demonstrate and verbaliz	Extensor I Long	_
	· ·	s of Toes 2 – 5 Extension	

/5	5. Outline the belly of the	Anconeus	including all attachments
	O = Lateral Epicondyle	I = Poster	ior Ulna
/5	"On client, passively demonstrate and	verbalize all actions of the	Anconeus
	Actions of the Elbow – Extension		
/5	6. Outline the belly of the	Biceps Femoris	_ including all attachments
	O = Ischial Tuberosity Linea Aspera of Femur		of Fibula l Condyle of Tibia
/5	"On client, passively demonstrate and the	verbalize all actions of	Biceps Femoris
	Actions of the Hip – Extension – Lateral Rotation	Actions of the Knee  – Flexion  – Lateral Rotation of	Flexed Knee
/5	7. Outline the belly of the	Gastrocnemius	_ including all attachments
	O = Medial / Lateral Condyle of the conduction	of Femur $I = Calcan$	eus via Calcaneal Tendon
/5	"On client, passively demonstrate and the	verbalize all actions of	Gastrocnemius
	Actions of the <u>Knee</u> — Flexion —		
	Actions of the <u>Foot</u> - Plantar Flexion		
KINESIOLOG	SY SCORE /60	State Passing = 42	Mock Passing =48
Recommendati	ions/ Comments:		

	Examiner:	Taker:	
Mini 1	Mock #B		
/ 5	8. Teach your client how to stretch th	eir Pectoralis M	Iajor
	Actions of the <u>Shoulder</u> – Extension – Horizontal Abduction	ı	
Blanket co	onsent for entire kinesiology section $Y/N$	r	
/5	9. Passively demonstrate and verbaliz	ze a Lengthened position o	f the <b>Quadratus Femoris</b>
	Actions of the <u>Hip</u> to <u>Length</u> – Medial Rotation	<u>?n</u>	
/5	10. Outline the belly of the	Latissimus Dorsi	_ including all attachments
	O = Sacrum Spinous Processes T7 – L		Lip of Bicipital Groove
/5	"On client, passively demonstrate and ve	erbalize all actions of the	Latissimus Dorsi
	Actions of the Shoulder  - Extension - Medial Rotation - Adduction		
/5	11. Outline the belly of theFI	exor Carpi Radialis	including all attachments
	O = Medial Epicondyle of Hume	rus $I = Base of 2^{nd} &$	3 <sup>rd</sup> Metacarpals
/5	"On client, passively demonstrate and ve	rbalize all actions of the	Flexor Carpi Radialis
	Actions at the Wrist – Flexion – Radial Deviation		

/5	12. Outline the belly of the	Coracobrachialis	including all attachments
	O = Coracoid Process o	of Scapula $I = Me$	dial Shaft of Humerus
/5	"On client, passively demonstrate	and verbalize all actions of the	Coracobrachialis
	Actions of the Shoulder  - <b>H</b> orizontal Adduct  - <b>A</b> dduction  - <b>F</b> lexion	ion	
/5	13. Outline the belly of the	<b>Extensor Hallicus Longus</b>	including all attachments
	O = Medial Anterior Fil	bula $I = Do$	rsal Surface of 1 <sup>st</sup> Toe
/5	"On client, passively demonstrate	and verbalize all actions of the	<b>Extensor Hallicus Longus</b>
	Actions of the Foot  – Dorsi Flexion  – Inversion	Actions of the 1 <sup>st</sup> Toe – Extension	
/5	14. Outline the belly of the	Vastus Lateralis	including all attachments
	O = Linea Asperal of Fe	emur $I = Tib$	ial Tuberosity
/ 5	"On client, passively demonstrate	and verbalize all actions of the	Vastus Lateralis
	Actions of the Knee – Extension		
	LOGY SCORE /60 adations/ Comments:	State Passing = 42	Mock Passing =48

	Examiner:		
Mini I	Mock #C		
/ 5	15. Teach your client how to stretch their	Psoas Major	
	Stretched Position of the <u>Hip</u> – Medial Rotation	Stretched Position of the <u>T</u> – Extension	<u>runk</u>
Blanket co	onsent for entire kinesiology section $Y/N$		
/ 5	16. Passively demonstrate and verbalize a l	engthened position of the	Biceps Femoris
	Actions of the <u>Hip</u> to <u>Lengthened</u> – Flexion	Actions of the <u>Knee</u> to – Extension	o <u>Lengthened</u>
/ 5	17. Outline the belly of the Pronat	tor Quadratus includ	ling all attachments
	O = Anterior Distal Ulna	I = Anterior Dista	l Radius
/ 5	"On client, passively demonstrate and verbali	ze all actions of the Pro	nator Quadratus
	Actions of the Forearm – Pronation		
/5	18. Outline the belly of the	Soleus includ	ling all attachments
	O = Posterior Tibia / Fibula	I = Calcaneus via Calca	aneal Tendon
/5	"On client, passively demonstrate and verbali	ze all actions of the	Soleus
	Actions of the Foot		

- Plantar Flexion

- Inversion

/5	19. Outline the belly of the	Peroneus Brevis	including all attachments
	$O = Distal \frac{1}{2}$ of Lateral	Fibula $I = Late$	ral Foot (Base of 5 <sup>th</sup> MT)
/5	"On client, passively demonstrate	te and verbalize all actions of the	Peroneus Brevis
	Actions of the Foot – Plantar Flexion – Eversion		
/5	20. Outline the belly of the	Extensor Carpi Ulnaris	including all attachments
	O = Lateral Epicondy	l = Base	e of 5 <sup>th</sup> Metacarpal
/5	"On client, passively demonstrate	te and verbalize all actions of the	Extensor Carpi Ulnaris
	Actions of the Wrist  – Extension  – Ulnar Deviation		
/5	21. Outline the belly of the	Extensor Carpi Radialis Brevis	including all attachments
	O = Lateral Epicondyle	I = Base	of 3 <sup>rd</sup> Metacarpal
/5	"On client, passively demonstrate Actions at the Wrist - Extension - Radial Deviation	te and verbalize all actions of the	Extensor Carpi Radialis Brevis
KINESIOI	LOGY SCORE/60	State Passing = 42	Mock Passing =48

Recommendations/ Comments:

	Examiner:	Taker:	
Mini	Mock #D		
/5	22. Teach your client how to stretch th	eir Adductor I	Longus
	Lengthened position of the Thig  – Abduction	<del>-</del>	
	– Extension		
Blanket o	consent for entire kinesiology section Y/	N	
, =	22 D	1 11 1 11 6	d 91
/ 5	23. Passively demonstrate and verbaliz	_	· · · · · · · · · · · · · · · · · · ·
	Actions of the Hip to lengthen  – Abduction	Actions of the – Exten	Knee to lengthen
	- Extention	Linen	sion
/ 5	24. Outline the belly of the	Tibialis Posterior	including all attachments
	O = Posterior Tibia / Fibula	I = Plantan	· Surface of Foot
		(Metato	ursals 2-4,All Tarsals except talus)
		(5.23.500	- · · · · · · · · · · · · · · · · · · ·
/ 5	"On client, passively demonstrate and ve	erbalize all actions of the	Tibialis Posterior
	Actions of the Foot – Plantar Flexion		
	– Flantar Flexion – Inversion		
/5	25 Outling the helly of the	Subscapularis	including all attachments
/ 5	25. Outline the belly of the	Subscapularis	including all attachments
	O = Subscapular Fossa of Scapu	I = Lesser Tub	percle
/5	"On client, passively demonstrate and ve	erbalize all actions of the	Subscapularis
	Actions of the Shoulder		-
	<ul><li>Medial Rotation</li></ul>		

Taker: \_\_\_\_\_

/ 5	26. Outline the belly of the	Supraspinatus	including all attachments
	O = Supraspinous Foss	a of Scapula $I =$	Greater Tubercle
/5	"On client, passively demonstrate the	and verbalize all actions of	f Supraspinatus
	Actions of the Shoulder  - Flexion  - Abduction		
/5	27. Outline the belly of the	Splenius Cervicis	including all attachments
	O = Spinous Processes	of $T3 - T6$ $I =$	Transverse Process of C1 – C3
/5	"On client, passively demonstrate the	and verbalize all actions of	f Splenius Cervicis
	Actions of the Neck  – Extension  – Lateral Flexion  – Rotation (ipsilatera	ul)	
/5	28. Outline the belly of the	Trapezius	including all attachments
	O = Occiput, Spinous A	Processes C7-T12 $I =$	Lat. Clavicle, Acromion, spine scap
/5	"On client, passively demonstrate the	and verbalize all actions of	f <b>Trapezius</b>
	Actions at the Neck  – Extension  – Lateral Flexion  – Rotation(contralate	eral)	Actions of the Scapula  - Retraction(adduction)  - Elevation  - Upward Rotation  - Depression
KINESIO SCORE	DLOGY /60 endations/ Comments:	State Passing =	Mock Passing =48

	Examiner:		
Mini N	Mock #E		
/5	29. Teach your client how to stretch their	<b>Pronator Teres</b>	
	Stretched Position of the <u>Elbow</u> – Extension	Stretched Position of the Re - Supination	adial-Ulnar Joint
Blanket co	nsent for entire kinesiology section $Y/N$		
, -			Gemellus Superior / Inferior
/ 5	30. Passively demonstrate and verbalize a	lengthened position of the	-
	Actions of the <u>Hip</u> to <u>Lengthened</u> – Medial Rotation		
/5	31. Outline the belly of the Flexor P	Pollicis Longus includ	ing all attachments
	O = Medial Epicondyle of Humerus	$I = I^{st} Digits (D.I.P.)$	
/5	"On client, passively demonstrate and verbali	ize all actions of the	Flexor Pollicis Longus
	Actions of the Thumb  - Flexion at CMC, MCP& IP  - Flexion of Wrist		
/5	32. Outline the belly of the Ter	es Major includ	ing all attachments
	O = Inferior Lateral Border of Scapula	I = Medial Lip of	Bicipital Groove
/5	"On client, passively demonstrate and verbali	ize all actions of the	Teres Major
	Actions of the Shoulder		
	<ul><li>Extension</li><li>Medial Rotation</li></ul>		

- Adduction

/5	33. Outline the belly of the	Tibialis Anterior	including all attachments
	O = Lateral Tibial Condyle	I = N	Medial Foot (Base of 1 <sup>st</sup> MT)
/5	"On client, passively demonstrate and the	l verbalize all actions of	of Tibialis Anterior
	Actions of the Foot  - Dorsi Flexion  - Inversion		
/5	34. Outline the belly of the	Deltoid	including all attachments
	$O = egin{array}{ll}  ext{Lateral} &  ext{1/3 of Clavicle} \  ext{Acromion Process} \end{array}$	I = I	Deltoid Tuberosity
	Spine of Scapula		
/5	"On client, passively demonstrate and	l verbalize all actions of	of the Deltoid
	Actions of the Shoulder  - Abduction  - Flexion  - Extension	<ul> <li>Medial Rota</li> <li>Lateral Rota</li> <li>Horizontal A</li> <li>Horizontal</li> </ul>	ution Adduction
/5	35. Outline the belly of theQ	uadratus Lumborum	including all attachments
	O = Posterior Iliac Crest	I = I	2 <sup>th</sup> Rib Transverse Processes of L1 – 4
/5	"On client, passively demonstrate and the	l verbalize all actions o	of  Quadratus Lumborum
	Actions of the Trunk – Extension – Lateral Flexion	Actions of the Hip(Pe – Elevation	lvis)
KINESIOL	OGY SCORE /60	State Passing = 4	2 Mock Passing =48

Recommendations/ Comments:

	Examiner:	Take	er:
		_	
/ 5	36. Teach your client how to stretch	their Quadrat	us Femoris
	Actions to stretch the Hip – Medial Rotation		
/5	37. Passively demonstrate and verba	lize a lengthened posit	ion of the Piriformis
	Actions of the Hip – Medial Rotation		
/5	38. Outline the belly of the	Infraspinatus	including all attachments
	O = Infraspinous Fossa of Scap	ula I = Gred	ater Tubercle
/5	"On client, passively demonstrate and verb	palize all actions of the	Infraspinatus
	Actions of the Shoulder  - Lateral Rotation  - Extension  - Adduction  - Horizontal Abduction		
/5	39. Outline the belly of the Po	ectoralis Major	including all attachments
	O = Medial Clavicle Sternum Costal Cartilage Rib 1 − 7	I = Lateral Li	p of Bicipital Groove (GT)
			Pectoralis Major
/5	"On client, passively demonstrate and verb	palize all actions of the	
	Actions of the Shoulder – Flexion – Adduction – Horizontal Adduction		

- Medial Rotation

Extension of Flexed Arm backto Midline

/5	40. Outline the belly of the	Rhomboids	including all attachments
	O = Spinous Processes of	C7-T5 $I = Mea$	lial Border of Scapula
_ / 5	"On client, passively demonstrate an	d verbalize all actions of the	Rhomboids
	Actions of the Scapula  - <b>R</b> etraction  - <b>E</b> levation  - <b>Do</b> wnward Rotation		
/5	41. Outline the belly of the	Flexor Hallucis Longus	including all attachments
	O = Distal Posterior Fibula	I = Plan	ntar Surface of 1 <sup>st</sup> Toe
_ / 5	"On client, passively demonstrate an		Flexor Hallucis Longus
	Actions of the Foot — Plantar Flexion — Inversion	Actions of 1 <sup>st</sup> Toes – Flexion	
_ / 5	42. Outline the belly of the	Masseter	including all attachments
	O = Zygomatic Bone	I = Man	ıdible
 _ / 5	"On client, passively demonstrate an	d verbalize all actions of the	Masseter
	Actions of the Mandible – Elevation		
		State Passing = 42	Mock Passing =48

	Examiner:			
Mini 1	Mock #G			
/5	43. Teach your client how to stretch	n their	Adductor B	revis
	Lengthened position of the – Abduction – Extension	Thigh at the Hip		
Blanket co	onsent for entire kinesiology section Y	T/N		
/5	44. Passively demonstrate and verb Shortened positions of the I – Flexion – Lateral Flexion – Rotation (ipsilater	Neck	ed position of	the Splenius Cervicis
/5	45. Outline the bell y of the Ext $O = Lateral Supracondylar R$	ensor Carpi Radia idge		including all attachments  2 <sup>nd</sup> Metacarpal
/5	"On client, passively demonstrate and	d verbalize all act	ions of the	Extensor Carpi Radialis Longus
	Actions at the Wrist – Extension – Radial Deviation			
/5	46. Outline the belly of the	Vastus Interme	edius	including all attachments
	O = Lateral Linea Aspera of	Femur I =	Tibial Tubero	sity
/5	"On client, passively demonstrate and Actions of the Knee Extension	d verbalize all act	ions of the	Vastus Intermedius

/ 5	47. Outline the belly of the	Popliteus	including all attachments		
	O = Lateral Condyle of F	emur $I = F$	Proximal Posterior Tibia		
/5	"On client, passively demonstrate	and verbalize all actions of t	he <b>Popliteus</b>		
	Actions of the Knee – Flexion – Medial Rotation				
/5	48. Outline the belly of the	Flexor Hallucis Longus	including all attachments		
	O = Distal Posterior Fibu	I = F	Plantar Surface of 1st Toe		
/5	"On client, passively demonstrate	and verbalize all actions of t	he Flexor Hallucis Longus		
	Actions of the Foot – Plantar Flexion – Inversion	Actions of 1 <sup>st</sup> Toes – Flexion			
/5	49. Outline the belly of the	Brachialis	including all attachments		
$O = Distal \frac{1}{2}$ of Anterior Shaft of Humerus $I = Ulnar$ Tuberosity					
/5	"On client, passively demonstrate	and verbalize all actions of t	he Brachialis		
	Actions at the Elbow  – Flexion				
	LOGY SCORE/60	State Passing = 4	Mock Passing =48		
Recommen	ndations/ Comments:				

	Examiner:	Taker:
Mini I	Mock #H	
/5	50. Teach your client how to stretch their	Iliacus
	Lengthened position of the Thigh at the Hip  — Medial Rotation  — Extension	
Blanket co	onsent for entire kinesiology section $Y/N$	
/5	51. Passively demonstrate and verbalize a shorten	ed position of theExternal Obliques
	Shortened positions of the Trunk	
	<ul><li>Flextion</li><li>Lateral Flexion</li></ul>	
	- Rotation	
/5	52. Outline the belly of the Flexor Digitorum S	Superficialis including all attachments
	Medial Epicondyle of Humerus	
	O =	I = Digits 2 - 5 (M.I.P.)
	Proximal Radius & Ulna	
/ 5	"On client, passively demonstrate and verbalize all a	ctions of the Flexor Digitorum Superficialis
	Actions at the Wrist  — Flexion	
	Tienon	
	Actions of the Digits 2-5 - Flexion	
	- Flexion	
15	52 O-48 4b- b-1164b-	Suraba Nova all adda abaa anda
/ 5	53. Outline the belly of the Supinate  Lateral Epicondyle	including all attachments
	O = I	= Proximal Radius
	Proximal Ulna	
/5	"On client, passively demonstrate and verbalize all a	ctions of the <b>Supinator</b>
13	Actions of the Forearm	enons of the <u>Supmator</u>
	Supinates	

/ 5	54. Outline the belly of the	Popliteus	including all attachments
	O = Lateral Condyle of F	Temur $I=$	Proximal Posterior Tibia
/5	"On client, passively demonstrate	and verbalize all actions of	E the <b>Popliteus</b>
	Actions of the Knee		•
	- Flexion		
	– Medial Rotation		
/5	55. Outline the belly of the	Extensor Carpi Radialis Lo	ngus including all attachments
	O = Lateral Supracondylone	ar Ridge I =	Base of 2 <sup>nd</sup> Metacarpal
/5	"On client, passively demonstrate	and verbalize all actions of	Extensor Carpi Radialis Longus
	Actions at the Wrist		
	– Extension – Radial Deviation		
/5	56. Outline the belly of the	Flexor Pollicis Longus	including all attachments
	O = Medial Epicondyle o	f Humerus $I=$	1 <sup>st</sup> Digits (D.I.P.)
/5	"On client, passively demonstrate	and verbalize all actions of	f the Flexor Pollicis Longus
	Actions of the Thumb  – Flexion at CMC, MCP & IP	Actions of the Wrist  – Flexion	
KINESIOI	LOGY SCORE	State Passing =	42 Mock Passing =48
Recommer	ndations/ Comments:		