



Spring 2022 article and quiz for 1 FNB CEC

Read the Article: [The Role of Core Stability in Athletic Function](#)

Answer the questions below, save the document to your computer and submit to:
executivedirector@fitnessnb.ca on or before July 29, 2022

Please Note: If using Firefox or Google Chrome you will need to convert to a fillable form:
Left click on download (top right corner third icon). Choose Adobe Reader and wait for converted form.

Name:

Date (mm-dd-yyy):

1. The core is important to provide local strength and balance and to _____?
 - a) Increase flexibility
 - b) Decrease back injury
 - c) Decrease knee injury
 - d) Walk

2. True or False: There is one single universally accepted definition of core stability?
 - a) True
 - b) False

3. What muscles have been shown to be critical in stabilization of the lumbar spine?
 - a) Transverse abdominus
 - b) Internal oblique
 - c) External oblique
 - d) Rectus abdominus

4. Why are rectus abdominus and oblique abdominals activated before limb movements?
 - a) To increase motion
 - b) To provide more force
 - c) To provide more flexibility
 - d) To provide postural support

5. What does the simultaneous contraction of the diaphragm, the pelvic floor muscles, and the abdominal muscles decrease?
- a) The intra-abdominal pressure
 - b) The trunk stability
 - c) The load on the spine muscles
 - d) The spine stability
6. What patterns of muscle activation are demonstrated in many aspects of core-related activities?
- a) Length-dependent patterns
 - b) Core-dependent patterns
 - c) Force-dependent patterns
 - d) Strength-dependent patterns
7. What do the anticipatory postural adjustments (APAs) create?
- a) Distal mobility
 - b) Proximal mobility
 - c) Distal stability
 - d) Proximal stability
8. What type of injury is associated with weak hip muscles?
- a) Ankle
 - b) Knee
 - c) Hip
 - d) All the above
9. Three-plane core testing is an attempt to quantify core_____in the different planes of core and_____motion?
- a) Strength/Spine
 - b) Strength/Knees
 - c) Control/Spine
 - d) Flexibility/Knees
10. Due to their direct attachment to the spine and pelvis, what muscles are responsible for the most central portion of the core stability?
- a) Transverse abdominus
 - b) Multifidus
 - c) Quadratus lumborum
 - d) All the above