

Test Your Knowledge of the Human Body

1. How many muscles are there in the human body?

- a. 500 b. 850 c. 650 d. 999

2. What is the smallest skeletal muscle in the body?

- a. the deltoid b. the stapedius muscle c. deltoid
d. the triceps

3. What is the largest muscle in the body?

- a. the diaphragm b. the lateral rectus c. the deltoid
d. the gluteus maximus

4. What is the smallest gluteal muscle (buttock muscle)?

- a. the gluteus maximus b. the gluteus medius
c. the gluteus minimus d. the quadratus femoris

5. What is the longest muscle in the body?

- a. the sartorius b. the rectus femoris c. the trapezius
d. the bicep

6. What is the broadest muscle in the body?

- a. the gluteus maximus b. the sartorius
c. the latissimus dorsi d. the rectus femoris

7. What muscle in the human body works the hardest?

- a. the soleus b. the heart c. the tongue
d. the masseter

8. Which muscle of the body pulls with the greatest force?

- a. the soleus b. the tongue c. the heart d. the triceps

9. What is the largest and strongest tendon in the body?

- a. the Allograft tendon b. the Supinator tendon
c. the Brachialis tendon d. the Achilles tendon

10. How many bones are there in the adult human body?

- a. 200 b. 210 c. 206 d. 215

11. What is the longest bone in the human body?

- a. the femur (thigh bone) b. the mandible c. the humerus
d. the scapula

12. What is the most mobile group of bones in the spine/vertebral column?

- a. the cervical spine (neck bones) b. the mobile fones
c. the mobile humes d. the lumbar spine

13. What is the largest joint in the body?

- a. hip joint b. ankle joint c. wrist joint d. knee joint

14. What is the most commonly injured ligament in the knee?

- a. the ACL hurting ligament b. the ACL-anterior cruciate ligament
c. the lateral collateral ligament d. the posterior cruciate

15. What is the largest artery in the body?

- a. the Carotid b. the Femoral c. the Aorta
d. the Radial

16. What is the longest vein in the body?

- a. Great Saphenous vein b. No-so-great Saphenous vein
c. the Veinous maxiums d. the Veinous minimus

17. What is the largest nerve in the body?

- a. the Ansa cervicalis b. the Sacral plexus c. the Getting-on-my Nerve
d. the Sciatic nerve



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