

Bodybuilding Practice Test Questions and Answers

1. What is 'muscle belly' in anatomy?

- A) The fatty tissue surrounding a muscle
- B) The main fleshy body of a muscle between its two attachment points
- C) The inner layer of the muscle fascia
- D) The point where a muscle and tendon meet

2. In bodybuilding, what is a 'posedown'?

- A) A mandatory rest period between prejudging and night show
- B) A free-for-all posing competition among the top finalists to allow one last comparison
- C) A penalty for poor conditioning
- D) A warmup routine backstage before going on stage

3. What is the sarcomere in muscle physiology?

- A) The outer protective sheath of an entire muscle
- B) The basic contractile unit of a muscle fiber, containing overlapping actin and myosin filaments
- C) The connective tissue between muscle and bone
- D) The membrane surrounding each muscle cell

4. What is the 'origin' of a muscle in anatomy?

- A) The midpoint of the muscle belly
- B) The attachment point of a muscle to the stationary bone
- C) The point where the muscle produces the most force
- D) The insertion point on the moving bone

Answers: 1-B 2-B 3-B 4-B

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