# UNIVERSITI KUALA LUMPUR
## ROYAL COLLEGE OF MEDICINE PERAK

## FINAL EXAMINATION
## MARCH 2026 SEMESTER

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| COURSE CODE | : RFD14103 |
| COURSE NAME | : APPLIED ANATOMY |
| PROGRAMME NAME | : DIPLOMA IN PHYSIOTHERAPY |
| DATE | : 22 JUNE 2026 |
| TIME | : 9.00 AM – 11.00 AM |
| DURATION | : 2 HOURS |

## INSTRUCTIONS TO CANDIDATES

1. Please read CAREFULLY the instructions given in the question paper.
2. This question paper has information printed on both sides of the paper.
3. This question paper consists of TWO (2) sections; Section A and Section B.
4. Answer ALL questions in Section A and THREE (3) questions in Section B.
5. Please mark/write your answers in the OMR answer script and answer booklet provided.
6. Answer all questions in English language ONLY.

THERE ARE 7 PAGES OF QUESTIONS, EXCLUDING THIS PAGE.

**SECTION A: MULTIPLE CHOICE QUESTIONS (Total: 20 marks)**

**INSTRUCTION: Answer ALL questions.**
**Please use the OMR sheet provided.**

1. Select the distal part of the upper limb.
   A. Arm.
   B. Hand.
   C. Forearm.
   D. Shoulder.

2. Find the movement produced by biceps brachii at shoulder joint.
   A. Shoulder flexion.
   B. Shoulder extension.
   C. Shoulder abduction.
   D. Shoulder external rotation.

3. Identify the position to palpate for shoulder adductors.
   A. Side lying.
   B. Crook lying.
   C. Prone lying.
   D. Supine lying.

4. Find the structure that forms the inferior part of sternum.
   A. Ribs.
   B. Scapula.
   C. Manubrium.
   D. Xiphoid process.

5. Identify the articulation between talus and calcaneus.
   A. Subtalar joint.
   B. Talocrural joint.
   C. Interphalangeal joint.
   D. Metatarsophalangeal joint.

6. Select the prominent structure located at lateral side of the tibial tuberosity.
   A. Tibial notch.
   B. Head of fibula.
   C. Medial malleolus.
   D. Lateral condyle of femur.

7. Find the knee extensor.
   A. Sartorius.
   B. Hamstring.
   C. Quadriceps.
   D. Gluteus maximus.

8. **"Prone lying, therapist resist the hip extension with knee bend."**
   Select the palpated muscle.
   A. Iliopsoas.
   B. Quadriceps.
   C. Gastrocnemius.
   D. Gluteus maximus.

9. Find the bony prominence that is located at the base of temporal bone.
   A. Temporal line.
   B. Mastoid process.
   C. Spinous process.
   D. Occipital protuberance.

10. Select the definition of spinous process.
   A. A joint between vertebrae.
   B. A muscle located in the back.
   C. A ligament connecting two vertebrae.
   D. A bony projection from the posterior aspect of vertebrae.

11. Find the largest vertebrae.
   A. Coccyx.
   B. Lumbar.
   C. Cervical.
   D. Thoracic.

12. Identify the structure that is also known as inion.

A. Atlas.
B. Occiput.
C. Mastoid process.
D. External occipital protuberance.

13. Select the dermatome root level for acromioclavicular (AC) joint.

A. C2.
B. C3.
C. C4.
D. C5.

14. Identify the definition of myotome.

A. A group of muscles innervated by single nerve root.
B. A group of muscles innervated by multiple nerve roots.
C. A group of sensory areas innervated by single nerve root.
D. A group of sensory areas innervated by multiple nerve roots.

15. Select the nerve root for shoulder elevation.

A. C2.
B. C3.
C. C4.
D. C5.

16. Identify the nerve root for finger abduction.

A. C6.
B. C7.
C. T1.
D. T2.

17. Find the most oblique valve of the heart.

A. Mitral.
B. Aortic.
C. Tricuspid.
D. Pulmonary.

18. Select the statement related to the lungs volume.

A. Average total lung capacity in male is 10 litres.

B. Vital capacity is the amount of air breathed in after expiration.

C. Tidal volume is the amount of air breathed in or out during normal respiration.

D. Functional residual capacity is the amount of air forcefully expired after passive inspiration.

19. Which of the following is a fissure of the left lung?

A. Left oblique fissure.

B. Right oblique fissure.

C. Left horizontal fissure.

D. Right horizontal fissure.

20. Find the statement regarding residual volume.

A. Total air inside lungs.

B. Air left in lungs after normal breathing.

C. Air inhaled forcibly after normal breathing.

D. Air remaining in lungs after forced expiration.

**SECTION B: MODIFIED ESSAY QUESTIONS (Total: 60 marks)**

**INSTRUCTION: This section consists of FOUR (4) questions.**
**Answer THREE (3) questions in the answer booklet provided.**

**Question 1**

(a) State the deep tendon reflex grading.

(5 marks)

(b) Describe the procedure to test C5 myotome.

(8 marks)

(c) State **THREE (3)** levels of thoracic spine where the spinous process is located same level as the transverse process.

(3 marks)

(d) State **FOUR (4)** differences between cervical and thoracic spine.

(4 marks)

**Question 2**

(a) Name the **THREE (3)** segments of the upper lobe of the right lung.

(3 marks)

(b) Define expiratory reserve volume.

(3 marks)

(c) Describe the surface marking of two valves.

(6 marks)

(d) Give **TWO (2)** groups of extrinsic muscle.

(2 marks)

(e) Describe spine of scapula palpation.

(6 marks)

**Question 3**

(a) Name **TWO (2)** wrist flexors.

(2 marks)

(b) Give **SIX (6)** carpal bones.

(6 marks)

(c) Explain the palpation of medial epicondyle.

(6 marks)

(d) Describe the palpation of wrist flexor in gravity resisted position.

(6 marks)

**Question 4**

(a) Name **TWO (2)** plantarflexors.

(2 marks)

(b) List **SIX (6)** bony prominences at pelvic girdle.

(6 marks)

(c) Describe the palpation of greater trochanter.

(6 marks)

(d) Explain the palpation of gluteus maximus against gravity.

(6 marks)

**END OF EXAMINATION PAPER**