

# Certified Movement Analyst Practice Test Questions and Answers

## 1. What is the primary focus of Laban Movement Analysis (LMA)?

- A) Muscle strength testing
- B) Observing and analyzing the qualitative aspects of human movement
- C) Cardiovascular fitness assessment
- D) Joint range of motion measurement

## 2. Which of the four LMA categories deals with the energy and intention behind movement?

- A) Body
- B) Space
- C) Effort
- D) Shape

## 3. In movement analysis, what does "kinesphere" refer to?

- A) The body's center of gravity
- B) The personal space around the body that can be reached without locomotion
- C) The range of motion of a joint
- D) The speed of movement execution

## 4. What is the main application of Certified Movement Analysis in therapeutic settings?

- A) Prescribing medications
- B) Assessing movement patterns to identify dysfunction and develop treatment strategies
- C) Performing surgical procedures
- D) Conducting laboratory tests

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

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