

**MULTIPLE CHOICE
QUESTION PAPER**



Paper number: SAMPLE 4 Please ensure that this paper number is referenced on your candidate answer sheet	Time allocation: 30 minutes
Title: <p style="text-align: center;">Level 3 Applied Anatomy and Physiology (A/616/4747) Sample Assessment Materials</p>	
Student: XXXXXX Sample 4	
Special Instructions: <p>Before you begin, please check that your name is shown above AND on your answer sheet. If you have someone else's exam paper or answer sheet, please let your invigilator know before starting the assessment.</p> <p>This assessment contains 20 multiple-choice questions. You need to correctly answer 14 out of 20 questions (70%) to pass this assessment.</p> <p>Each question is worth one mark. You should select one response (a, b, c or d) for each question and record this on your personalised answer sheet. If you need to change any of the answers you have given, delete your response by completely filling in the box and then select the response you prefer. Circle the new response to make it clear that this is the answer you would like marked. Please do not write on the question paper.</p> <p>Try to answer all questions and check your responses, if you have time to do so.</p> <p>YOUR QUESTION PAPER AND ANSWER SHEET MUST NOT BE REMOVED FROM THE EXAM ROOM</p>	

- Q1** Which of the following is a ligament that supports the spine?
- a) Iliofemoral ligament
 - b) Posterior longitudinal ligament
 - c) Medial collateral ligament
 - d) Anterior talofibular ligament
- Q2** Which hormone regulates metabolism of all cells and tissues in the body?
- a) Insulin
 - b) Thyroxine
 - c) Cortisol
 - d) Oestrogen
- Q3** When is delayed onset of muscular soreness (DOMS) typically experienced?
- a) Immediately after exercise
 - b) 2–8 h after exercise
 - c) 12–72 h after exercise
 - d) 4–7 days after exercise
- Q4** Which muscle in the legs is the longest in the human body?
- a) Splenius capitis
 - b) Sartorius
 - c) Supraspinalis
 - d) Seratus anterior

- Q5** Which muscle crosses the elbow joint?
- a) Biceps femoris
 - b) Triceps brachii
 - c) Teres major
 - d) Levator scapula
- Q6** What disease of the arteries is characterised by fatty material being deposited on their inner walls?
- a) Osteoporosis
 - b) Atherosclerosis
 - c) Arteriosclerosis
 - d) Osteoarthritis
- Q7** Which is a function of systemic circulation?
- a) To carry deoxygenated blood away from the heart to the body
 - b) To transfer oxygenated blood back to the heart from the body
 - c) To carry oxygenated blood away from the heart to the body
 - d) To transfer nutrients around the body
- Q8** Which spinal disorder may also be known as 'hunchback'?
- a) Hyper-kyphosis
 - b) Hyper-lordosis
 - c) Upper-cross syndrome
 - d) Lower-cross syndrome
- Q9** Which muscles are situated along each side of the spine?
- a) Erector spinae
 - b) Teres minor
 - c) Infraspinatus
 - d) Deltoid

- Q10** What must happen to start a muscle contraction?
- a) Stimulation of the muscle by a motor neuron impulse
 - b) Stimulation of the muscle by an actin filament
 - c) Stimulation of the muscle by a myosin filament
 - d) Stimulation of the muscle by adenosine triphosphate
- Q11** What is the contraction phase of the cardiac cycle called?
- a) Diastole
 - b) Pulmonary
 - c) Systemic
 - d) Systole
- Q12** Which of the following is the cause of the birth defect achondroplasia?
- a) The muscles of the legs and arms do not form correctly
 - b) The bone tissue of the hands and feet do not grow properly
 - c) The muscles of the spine do not form correctly
 - d) The bone tissue of the leg and arm do not grow properly
- Q13** Which of the following is a pelvic floor muscle?
- a) Piriformis
 - b) Levator scapula
 - c) Coccygeus
 - d) Erector spinae
- Q14** Which of the following is a role of the brain?
- a) Transfer of messages
 - b) Interpretation of messages
 - c) Autonomic control
 - d) Initiation of spinal reflexes

- Q15** What system produces hormones that regulate metabolism, growth and development?
- a) Nervous
 - b) Endocrine
 - c) Lymphatic
 - d) Respiratory
- Q16** Which local (deep) muscle supports posture?
- a) Erector spinae
 - b) Rectus abdominis
 - c) Transverse abdominis
 - d) External obliques
- Q17** Which muscle crosses the knee joint?
- a) Tibialis anterior
 - b) Piriformis
 - c) Rectus femoris
 - d) Soleus
- Q18** Within the endocrine system, which gland is the 'master gland'?
- a) Adrenal
 - b) Thyroid
 - c) Pancreas
 - d) Pituitary
- Q19** The function of a Golgi tendon organ is to
- a) sense the speed of a stretch
 - b) sense the strength of a stretch
 - c) sense changes in muscle tension
 - d) sense changes in muscle size

Q20 Which of the following is a primary core muscle?

- a) Trapezius
- b) Tensor fascia lata
- c) Transverse abdominis
- d) Tibialis anterior

Important! The form should be completed IN CAPITAL LETTERS using a BLACK ballpoint pen. Characters and marks used should be similar to:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 1 2 3 4 5 6 7 8 9 0

To select a checkbox:
 or

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This candidate answer sheet must be used with a paper in the following structure:

20 Questions

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Site Code: SAM001/001 Assessment Date: 01/03/2018

Paper: Sample 4

Student: XXXXXX Sample 4

- Q1 a b c d
- Q2 a b c d
- Q3 a b c d
- Q4 a b c d
- Q5 a b c d
- Q6 a b c d
- Q7 a b c d
- Q8 a b c d
- Q9 a b c d
- Q10 a b c d
- Q11 a b c d
- Q12 a b c d
- Q13 a b c d
- Q14 a b c d
- Q15 a b c d
- Q16 a b c d
- Q17 a b c d
- Q18 a b c d
- Q19 a b c d
- Q20 a b c d

Invigilator Name (must be clearly printed)

Invigilator Signature (Please keep inside box)

Candidate Signature (Please keep inside box)

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