

**MULTIPLE CHOICE
QUESTION PAPER**



Paper number: SAMPLE 5 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)</p> <p style="text-align: center;">Sample Assessment Materials</p>	
Student: XXXXXX Sample 5	
Special Instructions: 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. This assessment contains 20 multiple-choice questions. You need to correctly answer 14 out of 20 questions (70%) to pass this assessment. 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. Try to answer all questions and check your responses, if you have time to do so. YOUR QUESTION PAPER AND ANSWER SHEET MUST NOT BE REMOVED FROM THE EXAM ROOM	

-
- Q1** What system produces hormones that regulate metabolism, growth and development?
- a) Lymphatic
 - b) Endocrine
 - c) Nervous
 - d) Respiratory
- Q2** What is the contraction phase of the cardiac cycle called?
- a) Diastole
 - b) Systole
 - c) Pulmonary
 - d) Systemic
- Q3** The 'threshold response of each particular nerve cell and muscle fibre to a stimulus' is known as
- a) the 'proprioceptive neuromuscular facilitation'
 - b) the 'sliding filament' theory
 - c) the 'reverse stretch reflex'
 - d) the 'all-or-none' response
- Q4** What disease of the arteries is characterised by fatty material being deposited on their inner walls?
- a) Arteriosclerosis
 - b) Atherosclerosis
 - c) Osteoporosis
 - d) Osteoarthritis

- Q5** Which of the following is a primary core muscle?
- a) Trapezius
 - b) Tibialis anterior
 - c) Tensor fascia lata
 - d) Transverse abdominis
- Q6** 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
- Q7** What is the role of the autonomic nervous system?
- a) Conscious control of body functions such as heart rate and digestion
 - b) Unconscious control of movements such as smiling and walking
 - c) Conscious control of movements such as smiling and walking
 - d) Unconscious control of body functions such as heart rate and digestion
- Q8** Within the endocrine system, which gland is the 'master gland'?
- a) Pancreas
 - b) Thyroid
 - c) Pituitary
 - d) Adrenal
- Q9** Which is a function of systemic circulation?
- a) To transfer nutrients around the body
 - b) To carry deoxygenated blood away from the heart to the body
 - c) To carry oxygenated blood away from the heart to the body
 - d) To transfer oxygenated blood back to the heart from the body

- Q10** 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
- Q11** Which of the following could be a cause of the postural deviation hyper-lordosis?
- a) Imbalance of arm and shoulder muscles
 - b) Imbalance of hip flexors and trunk muscles
 - c) Imbalance of chest and shoulder muscles
 - d) Imbalance of leg and arm muscles
- Q12** Which joint does the supraspinatus muscle cross?
- a) Hip
 - b) Elbow
 - c) Knee
 - d) Shoulder
- Q13** Where are the biceps brachii muscles located?
- a) Lower leg
 - b) Lower arm
 - c) Upper leg
 - d) Upper arm
- Q14** Which local (deep) muscle supports posture?
- a) Rectus abdominis
 - b) Erector spinae
 - c) External obliques
 - d) Transverse abdominis

- Q15** Which spinal disorder may also be known as 'hunchback'?
- a) Hyper-kyphosis
 - b) Upper-cross syndrome
 - c) Lower-cross syndrome
 - d) Hyper-lordosis
- Q16** Which muscle crosses both the hip and knee joint?
- a) Soleus
 - b) Serratus anterior
 - c) Sartorius
 - d) Subscapularis
- Q17** Which hormone controls calcium levels within the blood?
- a) Testosterone
 - b) Progesterone
 - c) Human growth hormone
 - d) Parathyroid hormone
- Q18** Which of the following is a ligament that supports the spine?
- a) Anterior talofibular ligament
 - b) Posterior longitudinal ligament
 - c) Iliofemoral ligament
 - d) Medial collateral ligament
- Q19** What is one of the key functions of the pelvic floor muscles?
- a) Support of the trunk
 - b) Stability of the core
 - c) Stability of the spine
 - d) Support of the internal organs

Q20 Which muscles are situated along each side of the spine?

- a) Deltoid
- b) Erector spinae
- c) Infraspinatus
- d) Teres minor

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

YMCA
awards

YMCA Awards Theory Paper

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

20 Questions

000000000000

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

Paper: Sample 5

Student: XXXXXX Sample 5

- 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)

© YMCA Awards



2 103344 690215