

**MULTIPLE CHOICE
QUESTION PAPER**



Paper number: SAMPLE 3 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 3	
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** What is the role of the autonomic nervous system?
- a) Conscious control of body functions such as heart rate and digestion
 - b) Conscious control of movements such as smiling and walking
 - c) Unconscious control of movements such as smiling and walking
 - d) Unconscious control of body functions such as heart rate and digestion
- Q2** Which is a function of systemic circulation?
- a) To carry oxygenated blood away from the heart to the body
 - b) To carry deoxygenated blood away from the heart to the body
 - c) To transfer nutrients around the body
 - d) To transfer oxygenated blood back to the heart from the body
- Q3** What system produces hormones that regulate metabolism, growth and development?
- a) Endocrine
 - b) Respiratory
 - c) Lymphatic
 - d) Nervous
- Q4** What is one of the key functions of the pelvic floor muscles?
- a) Stability of the core
 - b) Support of the internal organs
 - c) Support of the trunk
 - d) Stability of the spine

- Q5** Which hormone controls calcium levels within the blood?
- a) Progesterone
 - b) Human growth hormone
 - c) Testosterone
 - d) Parathyroid hormone
- Q6** What is one of the key functions of the core muscles?
- a) Support the chest
 - b) Stabilise the spine
 - c) Support the upper back
 - d) Stabilise the hips
- Q7** Where are the biceps brachii muscles located?
- a) Upper arm
 - b) Lower leg
 - c) Upper leg
 - d) Lower arm
- Q8** Which local (deep) muscle supports posture?
- a) External obliques
 - b) Rectus abdominis
 - c) Transverse abdominis
 - d) Erector spinae
- Q9** The function of a Golgi tendon organ is to
- a) sense the strength of a stretch
 - b) sense the speed of a stretch
 - c) sense changes in muscle tension
 - d) sense changes in muscle size

- Q10** Which of the following may occur as a result of a poor posture?
- a) Stomach problems
 - b) Eye problems
 - c) Poor heart function
 - d) Poor lung function
- Q11** What disease of the arteries is characterised by fatty material being deposited on their inner walls?
- a) Osteoarthritis
 - b) Osteoporosis
 - c) Arteriosclerosis
 - d) Atherosclerosis
- Q12** Which of the following could be a cause of the postural deviation hyper-lordosis?
- a) Imbalance of hip flexors and trunk muscles
 - b) Imbalance of chest and shoulder muscles
 - c) Imbalance of leg and arm muscles
 - d) Imbalance of arm and shoulder muscles
- Q13** Which of the following is most likely to cause delayed onset of muscular soreness (DOMS)?
- a) Activities that include a flexibility training component
 - b) Activities that include a cardiovascular training component
 - c) Activities that include an eccentric training component
 - d) Activities that include a concentric training component
- Q14** Within the endocrine system, which gland is the 'master gland'?
- a) Pancreas
 - b) Pituitary
 - c) Adrenal
 - d) Thyroid

Q15 What is meant by cardiac output?

- a) The amount of blood pumped from the heart in a given time period
- b) The amount of blood pumped from the heart in 1 h
- c) The amount of blood pumped from the heart in 1 min
- d) The amount of blood pumped from the heart in one beat

Q16 Which muscle crosses the knee joint?

- a) Rectus femoris
- b) Soleus
- c) Piriformis
- d) Tibialis anterior

Q17 Which muscles are situated along each side of the spine?

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

Q18 What must happen to start a muscle contraction?

- a) Stimulation of the muscle by an actin filament
- b) Stimulation of the muscle by a myosin filament
- c) Stimulation of the muscle by adenosine triphosphate
- d) Stimulation of the muscle by a motor neuron impulse

Q19 Which of the following is a ligament that supports the spine?

- a) Posterior longitudinal ligament
- b) Medial collateral ligament
- c) Iliofemoral ligament
- d) Anterior talofibular ligament

Q20 Which muscle crosses the elbow joint?

- a) Teres major
- b) Biceps femoris
- c) Triceps brachii
- d) Levator scapula

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 3

Student: XXXXXX Sample 3

- 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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