MULTIPLE CHOICE
QUESTION PAPER

YMCA awards

Paper number: **SAMPLE 2** Please ensure that this paper number is referenced on your candidate answer sheet	**Time allocation:** 30 minutes

Title:

Level 3 Applied Anatomy and Physiology (A/616/4747)

Sample Assessment Materials

Student:
XXXXXX Sample 2

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 Which of the following may occur as a result of a poor posture?

  a) Stomach problems

  b) Poor heart function

  c) Eye problems

  d) Poor lung function

Q2 What is one of the functions of the thoracolumbar fascia (TLF)?

  a) Rotation of the spine

  b) Back extension of the spine

  c) Stabilisation of the spine

  d) Lateral flexion of the spine

Q3 Which hormone regulates metabolism of all cells and tissues in the body?

  a) Oestrogen

  b) Thyroxine

  c) Cortisol

  d) Insulin

Q4 Which of the following is a pelvic floor muscle?

  a) Levator scapula

  b) Piriformis

  c) Coccygeus

  d) Erector spinae

Q5   The 'threshold response of each particular nerve cell and muscle fibre to a stimulus' is known as

    a)   the 'sliding filament' theory

    b)   the 'proprioceptive neuromuscular facilitation'

    c)   the 'all-or-none' response

    d)   the 'reverse stretch reflex'

Q6   Which muscle crosses the knee joint?

    a)   Piriformis

    b)   Tibialis anterior

    c)   Soleus

    d)   Rectus femoris

Q7   Which gland releases melatonin to assist sleep?

    a)   Pineal

    b)   Parathyroid

    c)   Pituitary

    d)   Pancreas

Q8   What type of 'strands' are Golgi tendon organs made from?

    a)   Sodium strands

    b)   Potassium strands

    c)   Calcium strands

    d)   Collagen strands

Q9   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 muscles of the spine do not form correctly

    c)   The bone tissue of the hands and feet do not grow properly

    d)   The bone tissue of the leg and arm do not grow properly

Q10 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

Q11 Which of the following is a primary core muscle?

    a)   Trapezius

    b)   Tensor fascia lata

    c)   Transverse abdominis

    d)   Tibialis anterior

Q12 Which joint does the supraspinatus muscle cross?

    a)   Elbow

    b)   Hip

    c)   Knee

    d)   Shoulder

Q13 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 one beat

    c)   The amount of blood pumped from the heart in 1 h

    d)   The amount of blood pumped from the heart in 1 min

Q14 Which muscle in the legs is the longest in the human body?

    a)   Sartorius

    b)   Supraspinalis

    c)   Splenius capitis

    d)   Seratus anterior

Q15 What is thickening and hardening of the artery walls known as?

    a)   Arteriosclerosis

    b)   Osteoarthritis

    c)   Atherosclerosis

    d)   Osteoporosis

Q16 Which is a function of pulmonary circulation?

    a)   To carry oxygenated blood from the heart to the lungs

    b)   To carry deoxygenated blood from the heart to the lungs

    c)   To transfer nutrients around the body

    d)   To transfer deoxygenated blood to the body

Q17 Which local (deep) muscle supports posture?

    a)   External obliques

    b)   Transverse abdominis

    c)   Erector spinae

    d)   Rectus abdominis

Q18 Which muscle covers the posterior of the neck and shoulders?

    a)   Lattisimus dorsi

    b)   Trapezius

    c)   Infraspinatus

    d)   Deltoid

Q19 Which of the following is a role of the brain?

    a)   Initiation of spinal reflexes

    b)   Interpretation of messages

    c)   Autonomic control

    d)   Transfer of messages

Q20   What is the name of the system comprised of hormone-producing glands?

   a)   Nervous

   b)   Lymphatic

   c)   Respiratory

   d)   Endocrine

YMCA Awards Theory Paper

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 2

Student: XXXXXX Sample 2

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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