

Sample Questions

iUSP146 – Anatomy and physiology for exercise and health

| 1 | What effect does regular cardiovascular exercise have on stroke volume? | | | |
|---|---|---|--|---|
| A | Stroke volume will not change | B | Stroke volume will decrease, making the heart more efficient | D |
| C | Stroke volume will increase due to cardiac atrophy | D | Stroke volume will increase, making the heart more efficient | |

| 2 | Which organ does Hepatitis B affect? | | | |
|---|--------------------------------------|---|-------------|---|
| A | The spleen | B | The liver | B |
| C | The pancreas | D | The bladder | |

| 3 | Which of the following is a definition of abduction? | | | |
|---|--|---|--|---|
| A | To turn the palm of the hand down to face the floor | B | To turn the sole of the foot inwards | D |
| C | Movement of the bone towards the midline of the body or limb | D | Movement of the bone away from the midline of the body or limb | |

| 4 | What is the action of the brachialis muscle? | | | |
|---|--|---|-------------------|---|
| A | To extend the elbow | B | To adduct the arm | C |
| C | To flex the elbow | D | To abduct the arm | |

| 5 | What is lordosis? | | | |
|---|---|---|--|---|
| A | An exaggerated inward curvature of the lumbar spine | B | Degeneration of the intervertebral discs and vertebrae | A |
| C | Inflammation of a joint caused by uric acid | D | Porosity and brittleness of a bone | |

| 6 | What is the function of a dendrite? | | | |
|---|--|---|---|---|
| A | To carry nerve impulses to the cell body | B | To carry nerve impulses away from the cell body | A |
| C | To act as the metabolic centre of the neuron | D | To be a chemical messenger enabling the impulse to be transmitted | |

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|---|--------------------------------------|---|--------------------------|---|
| 7 | Where is the thyroid gland situated? | | | |
| A | In the neck | B | In the base of the brain | A |
| C | In the chest | D | In the eyes | |

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|---|---|---|---------------------------------|---|
| 8 | Glucagon is secreted by which of the following: | | | |
| A | Pineal gland | B | Islets of Langerhans | B |
| C | Thymus gland | D | Posterior lobe of the pituitary | |

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| 9 | Approximately how long does the ATP-CP system last? | | | |
| A | 0-12 seconds | B | 3-10 minutes | A |
| C | 20-60 minutes | D | For 12 hours | |

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|----|---|---|--------------------------|---|
| 10 | What happens to lactic acid at the aerobic threshold? | | | |
| A | It decreases in the body | B | It increases in the body | B |
| C | It levels off in the body | D | It is replenished | |

Document History

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|---------|------------|-----------------|------------------------------|
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