

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	

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

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

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

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

Document History

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