

Sample Questions

iUSP159 – Anatomy and physiology for exercise

1	Red blood cells are:			
A	Small biconcave cells with no nucleus or other organelles	B	Large irregularly shaped cells which contain a nucleus	C
C	Small fragile cell fragments which contain mitochondria	D	Large concave cells with a nucleus	

2	What is hypotension?			
A	Low blood pressure	B	Low cholesterol	A
C	High blood pressure	D	High cholesterol	

3	What is the function of the bronchioles?			
A	To prevent friction between the membranes of the lungs	B	To act as an air passage between the larynx and the bronchi	C
C	To take air to the alveoli of the lungs	D	To act as an air passage that warms and moistens the air	

4	What is the Pleura?			
A	Elastic tissue that becomes progressively smaller as it spreads further into the lungs	B	It is a spongy organ that gases enter and exit	D
C	A thin layer of squamous epithelial cells which are surrounded by a capillary network	D	A serous membrane that surrounds each lung	

5	What type of joint is the knee?			
A	Hinge	B	Ball and socket	A
C	Gliding	D	Condylod	

6	What does prolonged contraction of a muscle cause?			
A	Muscle atrophy	B	Muscle fatigue	B
C	Muscle sprain	D	Muscle tone	

7	Separation of the rectus abdominus during pregnancy would mean which type of exercises may need to be avoided?			
A	Brisk walking	B	Floor-based abdominal work	B
C	Low impact aerobics	D	Pelvic floor strengthening	

8	What are the by-products of aerobic metabolism?			
A	Carbon dioxide and water	B	Carbon dioxide and lactic acid	A
C	Lactic acid and water	D	Lactic acid and oxygen	

9	How many pairs of cervical nerves are there?			
A	4	B	5	C
C	8	D	12	

10	The ends of a long bone are known as the:			
A	Diaphysis	B	Compact bone	D
C	Periosteum	D	Epiphysis	

Document History

Version	Issue Date	Changes	Role
v1	30/09/2019	First published	Qualifications Administrator