

Test Specification

iUSP146 – Anatomy and physiology for exercise and health

External assessment method:	Multiple Choice Question Paper	
Duration of external assessment:	55 minutes	
Pass mark:	50%	
Grading:	Pass, Merit or Distinction	
Frequency of external assessment:	On demand (once ALL hours for the unit have been completed)	
Learning outcomes to be assessed:	All learning outcomes will be assessed	
Format of questions:	Stem, 1 key and 3 distracters	
Number of questions	50 questions	
Distribution of questions: Each question will be allocated one mark	<u>Topic</u>	<u>No. of questions per paper</u>
	• Heart and circulatory system and its relation to exercise and health	- 8
	• Musculoskeletal system and its relation to exercise	- 10
	• Postural and core stability	- 8
	• Nervous system and its relation to exercise	- 8
	• Endocrine system and its relation to exercise	- 6
	• Energy systems and their relation to exercise	- 6
The topics listed can be found in the learning outcomes in the unit specification for iUSP146 as follows:	• Understand the structure and function of the respiratory system in relation to exercise, health and fitness	- 4
	<u>Topic</u>	<u>Related to ITEC assessment criteria for each unit as listed below:</u>
	• Heart and circulatory system and its relation to exercise and health	- 1.1 - 1.6

	<ul style="list-style-type: none"> • Musculoskeletal system and its relation to exercise - 2.1 - 2.10 • Postural and core stability - 3.1 - 3.6 • Nervous system and its relation to exercise - 4.1 - 4.9 • Endocrine system and its relation to exercise - 5.1 - 5.3 • Energy systems and their relation to exercise - 6.1 - 6.3 • Understand the structure and function of the respiratory system in relation to exercise, health and fitness - 7.1 - 7.3
Administration of external assessment:	For security required of centres and for the administration of examination papers, please refer to 'Instructions for Conducting Examinations' which can be found on the website.

Document History

Version	Issue Date	Changes	Role
1	04/02/2020	First Published	Assessment Lead for Sport