

Level 2 Anatomy and Physiology Internal Practice Paper

Time allocated: 60 minutes.

**30 questions, multiple choice answers. Select A,B,C or D – only
select one answer.**

You are required to achieve 22 correct answers = 70 % to pass.

Please note this is not an official mock paper

Q.1: Which of the following forms part of the appendicular skeleton?

- a. Cranium
- b. Lumbar Vertebrae
- c. Radius
- d. Sternum

Q.2: What type of bone is the Patella?

- a. Flat bone
- b. Irregular bone
- c. Short bone
- D. Sesamoid bone

Q.3: Which of the following is a flat bone?

- a. Carpals
- b. Tibia
- c. Ilium
- d. Phalanges

Q.4: Which of the following is not a function of the skeleton?

- a. Site of muscle attachment
- b. Protection of vital organs
- c. Storage of vitamins
- d. Storage of minerals

Q.5: Which of the following is the name of the end of a long bone?

- a. Periosteum
- b. Epiphysis
- c. Diaphysis
- d. Osteoblasts

Q.6: Kyphosis is a common posture type that occurs in which region of the spine?

- a. Cervical
- b. Thoracic
- c. Sacral
- d. Coccyx

Q.7: The adult skeleton is made up of how many bones?

- a. 106
- b. 206
- c. 189
- d. 201

Q.8: Which of the following best describes ectomorph body type?

- a. Short limbs and little muscle definition
- b. Tall with some muscle definition
- c. Typically short with good muscular definition
- d. Typically tall, lean slim build and low body fat

Q.9: Which of the following is a type of cartilaginous joint?

- a. Intervertebral joints
- b. The shoulder joint
- c. The ankle
- d. The wrist

Q.10: 'To turn the palm up' best describes which joint movement?

- a. Pronation
- b. Supination
- c. Elevation
- d. Flexion

Q.11: During the downwards phase of a squat which joint movement occurs at the knee?

- a. Plantarflexion
- b. Extension
- c. Adduction
- d. Flexion

Q.12: Which of the following are movements of the shoulder girdle?

- a. Protraction, retraction, elevation and depression
- b. Flexion, extension, abduction and adduction
- c. Depression, flexion, extension and abduction
- d. Elevation, pronation, retraction and adduction

Q.13: Which of the following is an anterior muscle?

- a. Trapezius
- b. Hamstrings
- c. Soleus
- d. Brachialis

Q.14: How many different types of muscles are there?

- a. 2
- b. 3
- c. 4
- d. 7

Q.15: What is the name of the main muscle responsible for a movement?

- a. Agonist
- b. Antagonist
- c. Fixator
- d. Synergist

Q.16: Slow twitch muscles are;

- a. White in colour
- b. Best for lower intensity and longer duration activity
- c. Low in numbers of mitochondria and capillaries
- d. Also known as type 11b

Q.17: Fast twitch muscles are;

- a. Best for endurance activity
- b. Best for power and strength activities
- c. Red in colour
- d. Also known as type 1

Q.18: What is the prime mover when performing press ups?

- a. Pectoralis Major
- b. Latissimus Dorsi
- c. Quadriceps
- d. Hamstrings

Q.19: Which of the following contraction occurs during the upwards phase of a bicep curl?

- a. Concentric
- b. Eccentric
- c. Static
- d. Isometric

Q.20: How many chambers of the heart are there?

- a. 5
- b. 6
- c. 4
- d. 3

Q.21: The role of the heart valves is to;

- a. Stop the backflow of blood
- b. Allow blood flow reversal back to the heart
- c. Forms red blood cells
- d. Regulate heart beat

Q.22: 'To pump deoxygenated blood from the heart back to the lungs' best describes which of the following;

- a. Left ventricle
- b. Right ventricle
- c. Left atrium
- d. Right atrium

Q.23: Which is the correct order in which oxygen travels to the heart?

- a. Alveoli – pulmonary vein – capillaries – left atrium
- b. Pulmonary vein – alveoli – capillaries – left atrium
- c. Capillaries – pulmonary vein – alveoli – left atrium
- d. Alveoli – capillaries – pulmonary vein – left atrium

Q.24: A 400m sprinter would predominantly use which energy system?

- a. Aerobic energy system
- b. Phosphocreatine energy system
- c. Lactic acid energy system
- d. Amino acid energy system

Q.25: Which of the following is not an energy system?

- a. Aerobic
- b. Amino acid
- c. Lactic acid
- d. Phosphocreatine

Q.26: A 50 meter sprint would predominantly use which energy system?

- a. Phosphocreatine
- b. Lactic acid
- c. Carbon dioxide
- d. Aerobic

Q.27: Which of the following statements about type 1 muscle fibres is correct?

- a. They are quicker to fatigue than type 2 fibres
- b. They are usually employed during explosive, high intensity activities
- c. They contain many mitochondria
- d. They are white in colour

Q.28: What is the correct order in which air travels to the lungs?

- a. Nose/mouth – pharynx – larynx – trachea – bronchus - bronchioles – alveoli
- b. Nose/mouth – pharynx – larynx – bronchus – bronchioles – trachea – alveoli
- c. Nose/mouth – pharynx – trachea – larynx – bronchioles – alveoli – bronchus
- d. Nose/mouth – pharynx – larynx – trachea – bronchioles – bronchus – alveoli

Q.29: Which of the following is a role of Sensory neurons?

- a. Send nerve impulses to the Central Nervous System
- b. Send nerve impulses from the Central Nervous System to the muscles
- c. Interpret information from other nerve signals
- d. Carry out a muscle action as a result of a nerve impulse from the Central Nervous System

Q.30: A motor unit consists of which of the following?

- a. Actin and myosin protein strands
- b. A single sarcomere and it's corresponding nerves
- c. A sensory nerve and the muscle fibres it attaches to
- d. A motor nerve and the muscle fibres it attaches to