

MULTIPLE CHOICE QUESTION PAPER

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| Paper number: SAMPLE 1 Please ensure that this paper number is referenced on your candidate answer sheet | Time allocation: 45 minutes |
| Title: <h3 style="text-align: center;">Level 3 Diploma in Personal Training (Practitioner) - Sample Assessment Materials</h3> | |
| Student: XXXXXX Sample 1 | |
| Special Instructions: <p>This sample assessment contains 30 multiple-choice questions, over two sections:</p> <ul style="list-style-type: none">• Section 1 contains 20 questions that test your knowledge of Applied Anatomy and Physiology (A/616/4747)• Section 2 contains 10 questions that test your knowledge of Nutrition to Support Physical Activity (L/616/4753) <p>Each question is worth one mark. You should select one response (a, b, c or d) for each question and record this on your answer sheet. If you need to change any of the answers you have given, delete your response by completely filling in the box and then select the response you prefer. Circle the new response to make it clear that this is the answer you would like marked. Please do not write on the question paper.</p> <p>Try to answer all questions and check your responses, if you have time to do so. To pass this assessment, you must correctly answer:</p> <ul style="list-style-type: none">• 14 out of 20 questions in Section 1 AND• 7 out of 10 questions in Section 2 | |

Section 1

Applied Anatomy and Physiology (A/616/4747)

This section contains 20 questions that test your knowledge of Applied Anatomy and Physiology. You need to score a minimum of 14 out of 20 in this section to pass the assessment.

- Q1** Which of the following is a ligament that supports the spine?
- a) Posterior longitudinal ligament
 - b) Medial collateral ligament
 - c) Iliofemoral ligament
 - d) Anterior talofibular ligament
- Q2** Which is a function of pulmonary circulation?
- a) To carry oxygenated blood from the heart to the lungs
 - b) To transfer deoxygenated blood to the body
 - c) To carry deoxygenated blood from the heart to the lungs
 - d) To transfer nutrients around the body
- Q3** What is meant by cardiac output?
- a) The amount of blood pumped from the heart in a given time period
 - b) The amount of blood pumped from the heart in 1 min
 - c) The amount of blood pumped from the heart in one beat
 - d) The amount of blood pumped from the heart in 1 h
- Q4** Where are the biceps brachii muscles located?
- a) Lower arm
 - b) Upper leg
 - c) Lower leg
 - d) Upper arm

- Q5** What is one of the key functions of the core muscles?
- a) Stabilise the spine
 - b) Support the chest
 - c) Stabilise the hips
 - d) Support the upper back
- Q6** Which of the following is a global (superficial) muscle that supports posture?
- a) Lumbar multifidus
 - b) Transverse abdominis
 - c) Pelvic floor
 - d) Erector spinae
- Q7** Which of the following is most likely to cause delayed onset of muscular soreness (DOMS)?
- a) Activities that include a concentric training component
 - b) Activities that include a flexibility training component
 - c) Activities that include an eccentric training component
 - d) Activities that include a cardiovascular training component
- Q8** What is one of the key functions of the pelvic floor muscles?
- a) Stability of the spine
 - b) Stability of the core
 - c) Support of the internal organs
 - d) Support of the trunk
- Q9** Which muscle crosses the elbow joint?
- a) Levator scapula
 - b) Teres major
 - c) Biceps femoris
 - d) Triceps brachii

- Q10** What must happen to start a muscle contraction?
- a) Stimulation of the muscle by an actin filament
 - b) Stimulation of the muscle by a myosin filament
 - c) Stimulation of the muscle by adenosine triphosphate
 - d) Stimulation of the muscle by a motor neuron impulse
- Q11** Which of the following may occur as a result of a poor posture?
- a) Eye problems
 - b) Poor lung function
 - c) Stomach problems
 - d) Poor heart function
- Q12** Which hormone controls calcium levels within the blood?
- a) Human growth hormone
 - b) Parathyroid hormone
 - c) Progesterone
 - d) Testosterone
- Q13** Which muscle covers the posterior of the neck and shoulders?
- a) Trapezius
 - b) Lattisimus dorsi
 - c) Deltoid
 - d) Infraspinatus
- Q14** Which of the following could be a cause of the postural deviation hyper-lordosis?
- a) Imbalance of hip flexors and trunk muscles
 - b) Imbalance of arm and shoulder muscles
 - c) Imbalance of chest and shoulder muscles
 - d) Imbalance of leg and arm muscles

Q15 Which gland releases melatonin to assist sleep?

- a) Parathyroid
- b) Pituitary
- c) Pineal
- d) Pancreas

Q16 What type of 'strands' are Golgi tendon organs made from?

- a) Potassium strands
- b) Calcium strands
- c) Collagen strands
- d) Sodium strands

Q17 Which muscle crosses both the hip and knee joint?

- a) Sartorius
- b) Soleus
- c) Subscapularis
- d) Serratus anterior

Q18 What is the role of the autonomic nervous system?

- a) Conscious control of body functions such as heart rate and digestion
- b) Unconscious control of movements such as smiling and walking
- c) Conscious control of movements such as smiling and walking
- d) Unconscious control of body functions such as heart rate and digestion

Q19 What is the name of the system comprised of hormone-producing glands?

- a) Endocrine
- b) Nervous
- c) Respiratory
- d) Lymphatic

Q20 What is thickening and hardening of the artery walls known as?

- a) Arteriosclerosis
- b) Osteoporosis
- c) Atherosclerosis
- d) Osteoarthritis

Section 2

Nutrition to Support Physical Activity (L/616/4753)

This section contains 10 questions that test your knowledge of Nutrition to Support Physical Activity. You need to score a minimum of 7 out of 10 (70%) in this section to pass this assessment.

- Q21** What organisation is the professional association and trade union for UK dietitians?
- a) The Health and Care Professions Council
 - b) The British Dietetic Association
 - c) The Food Standards Agency
 - d) The Association for Nutrition
- Q22** Which of the following would be the most reliable source of nutritional information for weight loss?
- a) Slimming magazines
 - b) Slimming club leaflets
 - c) Scientific nutrition journals
 - d) Weight-loss websites
- Q23** What is the name of the process of converting muscle protein to glucose?
- a) Glycolysis
 - b) Oxidation
 - c) Kreb's cycle
 - d) Gluconeogenesis
- Q24** Why is it healthier to prepare your own food rather than buying take-aways or pre-prepared foods?
- a) You won't know how many calories are in the meals
 - b) You can avoid additives and preservatives
 - c) You won't know how much fat is in the meals
 - d) You can prepare bigger portions

- Q25** Which of the following healthy eating guidelines is a priority for clients with a hypertrophy goal?
- a) Eat at least five portions of a variety of fruit and vegetables every day
 - b) Choose unsaturated oils and spreads and eat in small amounts
 - c) Drink six-to-eight cups/glasses of fluid a day
 - d) Eat beans, pulses, fish, eggs, meat and other proteins every day
- Q26** What vitamin may be deficient in people who have little sunlight exposure?
- a) Vitamin B
 - b) Vitamin C
 - c) Vitamin D
 - d) Vitamin K
- Q27** What is the calorific value of fat?
- a) 4 kcal/g
 - b) 5 kcal/g
 - c) 7 kcal/g
 - d) 9 kcal/g
- Q28** Which food contains complex carbohydrate?
- a) Bananas
 - b) Apples
 - c) Potatoes
 - d) Blackberries
- Q29** What are the components of energy balance in the 'energy balance equation'?
- a) Aerobic and anaerobic activity
 - b) High- and low-intensity activity
 - c) Fuel in and fuel out
 - d) Energy intake and energy expenditure

Q30 What type of food packaging label shows a visual representation of the fat, saturated fat, salt and sugar in the contents?

- a) Warning sign labelling
- b) Traffic light labelling
- c) High and low labelling
- d) Stop and go labelling

Sample Assessment

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Important! The form should be completed IN CAPITAL LETTERS using a BLACK ballpoint pen. Characters and marks used should be similar to:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 1 2 3 4 5 6 7 8 9 0

To select a checkbox:
 or

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YMCA Awards Theory Paper

This candidate answer sheet must be used with a paper in the following structure:

30 Questions

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Site Code: SAM001/001 Assessment Date: 01/03/2018

Paper: Sample 1

Student: XXXXXX Sample 1

Q1 a b c d

Q2 a b c d

Q3 a b c d

Q4 a b c d

Q5 a b c d

Q6 a b c d

Q7 a b c d

Q8 a b c d

Q9 a b c d

Q10 a b c d

Q11 a b c d

Q12 a b c d

Q13 a b c d

Q14 a b c d

Q15 a b c d

Q16 a b c d

Q17 a b c d

Q18 a b c d

Q19 a b c d

Q20 a b c d

Q21 a b c d

Q22 a b c d

Q23 a b c d

Q24 a b c d

Q25 a b c d

Q26 a b c d

Q27 a b c d

Q28 a b c d

Q29 a b c d

Q30 a b c d

Invigilator Name (must be clearly printed)

Invigilator Signature (Please keep inside box)

Candidate Signature (Please keep inside box)

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