

## **MULTIPLE CHOICE QUESTION PAPER**

<b>Paper number:</b> <b>SAMPLE 2</b> Please ensure that this paper number is referenced on your candidate answer sheet	<b>Time allocation:</b> 45 minutes
<b>Title:</b>  <p style="text-align: center;"><b>Level 3 Diploma in Personal Training (Practitioner) - Sample Assessment Materials</b></p>	
<b>Student:</b> XXXXXX Sample 2	
<b>Special Instructions:</b> <p>This sample assessment contains 30 multiple-choice questions, over two sections:</p> <ul style="list-style-type: none"><li>• Section 1 contains 20 questions that test your knowledge of Applied Anatomy and Physiology (A/616/4747)</li><li>• Section 2 contains 10 questions that test your knowledge of Nutrition to Support Physical Activity (L/616/4753)</li></ul> <p><b>Each question is worth one mark.</b> 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. <b>Please do not write on the question paper.</b></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"><li>• 14 out of 20 questions in Section 1 <b>AND</b></li><li>• 7 out of 10 questions in Section 2</li></ul>	

## 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 may occur as a result of a poor posture?
- a) Stomach problems
  - b) Poor heart function
  - c) Eye problems
  - d) Poor lung function
- Q2** What is one of the functions of the thoracolumbar fascia (TLF)?
- a) Rotation of the spine
  - b) Back extension of the spine
  - c) Stabilisation of the spine
  - d) Lateral flexion of the spine
- Q3** Which hormone regulates metabolism of all cells and tissues in the body?
- a) Oestrogen
  - b) Thyroxine
  - c) Cortisol
  - d) Insulin
- Q4** Which of the following is a pelvic floor muscle?
- a) Levator scapula
  - b) Piriformis
  - c) Coccygeus
  - d) Erector spinae

- Q5** The 'threshold response of each particular nerve cell and muscle fibre to a stimulus' is known as
- a) the 'sliding filament' theory
  - b) the 'proprioceptive neuromuscular facilitation'
  - c) the 'all-or-none' response
  - d) the 'reverse stretch reflex'
- Q6** Which muscle crosses the knee joint?
- a) Piriformis
  - b) Tibialis anterior
  - c) Soleus
  - d) Rectus femoris
- Q7** Which gland releases melatonin to assist sleep?
- a) Pineal
  - b) Parathyroid
  - c) Pituitary
  - d) Pancreas
- Q8** What type of 'strands' are Golgi tendon organs made from?
- a) Sodium strands
  - b) Potassium strands
  - c) Calcium strands
  - d) Collagen strands
- Q9** Which of the following is the cause of the birth defect achondroplasia?
- a) The muscles of the legs and arms do not form correctly
  - b) The muscles of the spine do not form correctly
  - c) The bone tissue of the hands and feet do not grow properly
  - d) The bone tissue of the leg and arm do not grow properly

- Q10** When is delayed onset of muscular soreness (DOMS) typically experienced?
- a) Immediately after exercise
  - b) 2–8 h after exercise
  - c) 12–72 h after exercise
  - d) 4–7 days after exercise
- Q11** Which of the following is a primary core muscle?
- a) Trapezius
  - b) Tensor fascia lata
  - c) Transverse abdominis
  - d) Tibialis anterior
- Q12** Which joint does the supraspinatus muscle cross?
- a) Elbow
  - b) Hip
  - c) Knee
  - d) Shoulder
- Q13** 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 one beat
  - c) The amount of blood pumped from the heart in 1 h
  - d) The amount of blood pumped from the heart in 1 min
- Q14** Which muscle in the legs is the longest in the human body?
- a) Sartorius
  - b) Supraspinalis
  - c) Splenius capitis
  - d) Seratus anterior

**Q15** What is thickening and hardening of the artery walls known as?

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

**Q16** Which is a function of pulmonary circulation?

- a) To carry oxygenated blood from the heart to the lungs
- b) To carry deoxygenated blood from the heart to the lungs
- c) To transfer nutrients around the body
- d) To transfer deoxygenated blood to the body

**Q17** Which local (deep) muscle supports posture?

- a) External obliques
- b) Transverse abdominis
- c) Erector spinae
- d) Rectus abdominis

**Q18** Which muscle covers the posterior of the neck and shoulders?

- a) Latissimus dorsi
- b) Trapezius
- c) Infraspinatus
- d) Deltoid

**Q19** Which of the following is a role of the brain?

- a) Initiation of spinal reflexes
- b) Interpretation of messages
- c) Autonomic control
- d) Transfer of messages

**Q20** What is the name of the system comprised of hormone-producing glands?

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

## 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** Which of the following would be the most reliable source of nutritional information for weight loss?
- a) Slimming magazines
  - b) Weight-loss websites
  - c) Scientific nutrition journals
  - d) Slimming club leaflets
- Q22** Which of the following healthy eating guidelines is a priority for clients with a hypertrophy goal?
- a) Eat beans, pulses, fish, eggs, meat and other proteins 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 at least five portions of a variety of fruit and vegetables every day
- Q23** Which one of the following contain simple carbohydrate?
- a) Meat
  - b) Fish
  - c) Vegetables
  - d) Fruits
- Q24** What vitamin may be deficient in people who have little sunlight exposure?
- a) Vitamin B
  - b) Vitamin C
  - c) Vitamin D
  - d) Vitamin K

- Q25** What is the name of the process of converting muscle protein to glucose?
- a) Kreb's cycle
  - b) Gluconeogenesis
  - c) Oxidation
  - d) Glycolysis
- Q26** Why is it healthier to prepare your own food rather than buying take-aways or pre-prepared foods?
- a) Bigger portions can be prepared
  - b) More protein can be added
  - c) Healthier cooking methods can be chosen
  - d) More carbohydrates can be added
- Q27** What is the calorific value of protein?
- a) 4 kcal/g
  - b) 5 kcal/g
  - c) 6 kcal/g
  - d) 7 kcal/g
- Q28** What are the components of energy balance in the 'energy balance equation'?
- a) Energy intake and energy expenditure
  - b) Fuel in and fuel out
  - c) High- and low-intensity activity
  - d) Aerobic and anaerobic activity
- Q29** What organisation is the voluntary regulator for nutritionists and nutrition scientists in the UK?
- a) The Health and Care Professions Council
  - b) The Food Standards Agency
  - c) The Association for Nutrition
  - d) The Register of Exercise Professionals



**Q30** On a packaged food label, how are ingredients listed?

- a) Most expensive ingredient first
- b) Decreasing order of weight
- c) Increasing order of weight
- d) Most nutritious ingredient first

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 2

Student: XXXXXX Sample 2

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)

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Invigilator Signature (Please keep inside box)

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Candidate Signature (Please keep inside box)

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