

MULTIPLE CHOICE QUESTION PAPER

Paper number: SAMPLE 3 Please ensure that this paper number is referenced on your candidate answer sheet	Time allocation: 45 minutes
Title: <p style="text-align: center;">Level 3 Diploma in Personal Training (Practitioner) - Sample Assessment Materials</p>	
Student: XXXXXX Sample 3	
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** What is the role of the autonomic nervous system?
- a) Conscious control of body functions such as heart rate and digestion
 - b) Conscious control of movements such as smiling and walking
 - c) Unconscious control of movements such as smiling and walking
 - d) Unconscious control of body functions such as heart rate and digestion
- Q2** Which is a function of systemic circulation?
- a) To carry oxygenated blood away from the heart to the body
 - b) To carry deoxygenated blood away from the heart to the body
 - c) To transfer nutrients around the body
 - d) To transfer oxygenated blood back to the heart from the body
- Q3** What system produces hormones that regulate metabolism, growth and development?
- a) Endocrine
 - b) Respiratory
 - c) Lymphatic
 - d) Nervous
- Q4** What is one of the key functions of the pelvic floor muscles?
- a) Stability of the core
 - b) Support of the internal organs
 - c) Support of the trunk
 - d) Stability of the spine

- Q5** Which hormone controls calcium levels within the blood?
- a) Progesterone
 - b) Human growth hormone
 - c) Testosterone
 - d) Parathyroid hormone
- Q6** What is one of the key functions of the core muscles?
- a) Support the chest
 - b) Stabilise the spine
 - c) Support the upper back
 - d) Stabilise the hips
- Q7** Where are the biceps brachii muscles located?
- a) Upper arm
 - b) Lower leg
 - c) Upper leg
 - d) Lower arm
- Q8** Which local (deep) muscle supports posture?
- a) External obliques
 - b) Rectus abdominis
 - c) Transverse abdominis
 - d) Erector spinae
- Q9** The function of a Golgi tendon organ is to
- a) sense the strength of a stretch
 - b) sense the speed of a stretch
 - c) sense changes in muscle tension
 - d) sense changes in muscle size

- Q10** Which of the following may occur as a result of a poor posture?
- a) Stomach problems
 - b) Eye problems
 - c) Poor heart function
 - d) Poor lung function
- Q11** What disease of the arteries is characterised by fatty material being deposited on their inner walls?
- a) Osteoarthritis
 - b) Osteoporosis
 - c) Arteriosclerosis
 - d) Atherosclerosis
- Q12** 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 chest and shoulder muscles
 - c) Imbalance of leg and arm muscles
 - d) Imbalance of arm and shoulder muscles
- Q13** Which of the following is most likely to cause delayed onset of muscular soreness (DOMS)?
- a) Activities that include a flexibility training component
 - b) Activities that include a cardiovascular training component
 - c) Activities that include an eccentric training component
 - d) Activities that include a concentric training component
- Q14** Within the endocrine system, which gland is the 'master gland'?
- a) Pancreas
 - b) Pituitary
 - c) Adrenal
 - d) Thyroid

Q15 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 h
- c) The amount of blood pumped from the heart in 1 min
- d) The amount of blood pumped from the heart in one beat

Q16 Which muscle crosses the knee joint?

- a) Rectus femoris
- b) Soleus
- c) Piriformis
- d) Tibialis anterior

Q17 Which muscles are situated along each side of the spine?

- a) Erector spinae
- b) Teres minor
- c) Infraspinatus
- d) Deltoid

Q18 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

Q19 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

Q20 Which muscle crosses the elbow joint?

- a) Teres major
- b) Biceps femoris
- c) Triceps brachii
- d) Levator scapula

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 is the calorific value of protein?

- a) 4 kcal/g
- b) 5 kcal/g
- c) 6 kcal/g
- d) 7 kcal/g

Q22 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 won't know how much fat is in the meals
- c) You can avoid additives and preservatives
- d) You can prepare bigger portions

Q23 In the energy balance equation, what would be the cause of weight gain?

- a) Energy in is less than energy out
- b) Energy out is greater than energy in
- c) Energy in is greater than energy out
- d) Energy in is equal to energy out

Q24 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 Association for Nutrition
- d) The Food Standards Agency

- Q25** What type of activity is least likely to use fat as an energy source due to the lack of oxygen present?
- a) Slow swimming
 - b) Walking
 - c) Slow running
 - d) Sprinting
- 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 type of food packaging label shows a visual representation of the fat, saturated fat, salt and sugar in the contents?
- a) Stop and go labelling
 - b) High and low labelling
 - c) Warning sign labelling
 - d) Traffic light labelling
- Q28** Which food contains complex carbohydrate?
- a) Apples
 - b) Potatoes
 - c) Bananas
 - d) Blackberries
- Q29** Which of the following healthy eating guidelines is the **most important** for clients with a weight loss goal?
- a) Drink six-to-eight cups/glasses of fluid every day
 - b) Limit foods high in fat and sugar
 - c) Have some dairy or dairy alternatives every day
 - d) Base meals on starchy carbohydrates

Q30 Which of the following would be the most reliable source of nutritional information for sports people?

- a) Sports club leaflets
- b) Sports websites
- c) Scientific nutrition journals
- d) Sports magazines

Sample Assessment

Intentionally left blank.

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

YMCA
awards

YMCA Awards Theory Paper

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

30 Questions

000000000000

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

Paper: Sample 3

Student: XXXXXX Sample 3

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)

© YMCA Awards



2 103344 690215