

## **MULTIPLE CHOICE QUESTION PAPER**

<b>Paper number:</b> <b>SAMPLE 5</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;">Level 3 Diploma in Personal Training (Practitioner) - Sample Assessment Materials</p>	
<b>Student:</b> XXXXXX Sample 5	
<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** What system produces hormones that regulate metabolism, growth and development?
- a) Lymphatic
  - b) Endocrine
  - c) Nervous
  - d) Respiratory
- Q2** What is the contraction phase of the cardiac cycle called?
- a) Diastole
  - b) Systole
  - c) Pulmonary
  - d) Systemic
- Q3** The 'threshold response of each particular nerve cell and muscle fibre to a stimulus' is known as
- a) the 'proprioceptive neuromuscular facilitation'
  - b) the 'sliding filament' theory
  - c) the 'reverse stretch reflex'
  - d) the 'all-or-none' response
- Q4** What disease of the arteries is characterised by fatty material being deposited on their inner walls?
- a) Arteriosclerosis
  - b) Atherosclerosis
  - c) Osteoporosis
  - d) Osteoarthritis

- Q5** Which of the following is a primary core muscle?
- a) Trapezius
  - b) Tibialis anterior
  - c) Tensor fascia lata
  - d) Transverse abdominis
- Q6** 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
- Q7** 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
- Q8** Within the endocrine system, which gland is the 'master gland'?
- a) Pancreas
  - b) Thyroid
  - c) Pituitary
  - d) Adrenal
- Q9** Which is a function of systemic circulation?
- a) To transfer nutrients around the body
  - b) To carry deoxygenated blood away from the heart to the body
  - c) To carry oxygenated blood away from the heart to the body
  - d) To transfer oxygenated blood back to the heart from the body

**Q10** The function of a Golgi tendon organ is to

- a) sense the speed of a stretch
- b) sense the strength of a stretch
- c) sense changes in muscle tension
- d) sense changes in muscle size

**Q11** Which of the following could be a cause of the postural deviation hyper-lordosis?

- a) Imbalance of arm and shoulder muscles
- b) Imbalance of hip flexors and trunk muscles
- c) Imbalance of chest and shoulder muscles
- d) Imbalance of leg and arm muscles

**Q12** Which joint does the supraspinatus muscle cross?

- a) Hip
- b) Elbow
- c) Knee
- d) Shoulder

**Q13** Where are the biceps brachii muscles located?

- a) Lower leg
- b) Lower arm
- c) Upper leg
- d) Upper arm

**Q14** Which local (deep) muscle supports posture?

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

- Q15** Which spinal disorder may also be known as 'hunchback'?
- a) Hyper-kyphosis
  - b) Upper-cross syndrome
  - c) Lower-cross syndrome
  - d) Hyper-lordosis
- Q16** Which muscle crosses both the hip and knee joint?
- a) Soleus
  - b) Serratus anterior
  - c) Sartorius
  - d) Subscapularis
- Q17** Which hormone controls calcium levels within the blood?
- a) Testosterone
  - b) Progesterone
  - c) Human growth hormone
  - d) Parathyroid hormone
- Q18** Which of the following is a ligament that supports the spine?
- a) Anterior talofibular ligament
  - b) Posterior longitudinal ligament
  - c) Iliofemoral ligament
  - d) Medial collateral ligament
- Q19** What is one of the key functions of the pelvic floor muscles?
- a) Support of the trunk
  - b) Stability of the core
  - c) Stability of the spine
  - d) Support of the internal organs

**Q20** Which muscles are situated along each side of the spine?

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

## 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 are the components of energy balance in the 'energy balance equation'?
- a) High- and low-intensity activity
  - b) Fuel in and fuel out
  - c) Energy intake and energy expenditure
  - d) Aerobic and anaerobic activity
- Q22** Which of the following healthy eating guidelines is the **most important** for clients with a weight loss goal?
- a) Limit foods high in fat and sugar
  - b) Drink six-to-eight cups/glasses of fluid every day
  - c) Have some dairy or dairy alternatives every day
  - d) Base meals on starchy carbohydrates
- Q23** What organisation is the voluntary regulator for nutritionists and nutrition scientists in the UK?
- a) The Register of Exercise Professionals
  - b) The Health and Care Professions Council
  - c) The Association for Nutrition
  - d) The Food Standards Agency
- Q24** What mineral may be deficient in a menstruating woman?
- a) Iron
  - b) Potassium
  - c) Calcium
  - d) Iodine

- Q25** What type of activity is least likely to use fat as an energy source due to the lack of oxygen present?
- a) Sprinting
  - b) Slow running
  - c) Walking
  - d) Slow swimming
- Q26** Which of the following would be the most reliable source of nutritional information for sports people?
- a) Sports websites
  - b) Scientific nutrition journals
  - c) Sports club leaflets
  - d) Sports magazines
- Q27** Why is it healthier to prepare your own food rather than buying take-aways or pre-prepared foods?
- a) Healthier cooking methods can be chosen
  - b) More carbohydrates can be added
  - c) Bigger portions can be prepared
  - d) More protein can be added
- Q28** 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) Stop and go labelling
  - c) High and low labelling
  - d) Traffic light labelling
- Q29** Which food contains complex carbohydrate?
- a) Blackberries
  - b) Bananas
  - c) Apples
  - d) Potatoes



**Q30** What is the calorific value of protein?

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

Sample Assessment

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:



# 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 5

Student: XXXXXX Sample 5

- 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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