MULTIPLE CHOICE QUESTION PAPER

Paper number
MAPSMQ3.1  Please insert this reference number in the appropriate boxes on your candidate answer sheet

Time allocation
60 minutes

Title
Level 3 Mock
Anatomy and Physiology for Sports Massage

Unit Reference Number: J/506/7220

Special Instructions

This theory paper comprises questions that are indicative of the Level 3 Anatomy and Physiology for Sports Massage unit.
All questions are multiple-choice.
Answers should be recorded as either a, b, c or d.
Calculators are permitted.

This theory paper has 30 marks (each question is worth 1 mark). A minimum total of 21 marks overall (70%) is required in order to pass.

Important: Please do not write on this paper.
Q1  
The most basic structural and functional unit of life is called ...  

a. An organism  
b. A cell  
c. DNA  
d. A molecule  

Q2  
Which cellular structure produces Adenosine Triphosphate (ATP)?  

a. Golgi apparatus  
b. Nucleolus  
c. Mitochondria  
d. Centrosome  

Q3  
What type of tissue covers the surface of the body?  

a. Lymphoid tissue  
b. Connective Tissue  
c. Glandular tissue  
d. Epithelial Tissue  

Q4  
What is the name of the protein that helps keeps the dermis flexible?  

a. Lipo-protein  
b. Collagen  
c. Actin  
d. Keratin
Q5  
**Vasodilation of superficial vessels helps**…

a. Protect the body from injury  
b. Detect changes in the environment  
c. Raise the body temperature  
d. Lower the body temperature

Q6  
**Which of the following structures is located in the central nervous system?**

a. Heart  
b. Brain  
c. Golgi tendon organ  
d. Motor nerve

Q7  
**Which of the following is a sympathetic response?**

a. Constriction of the pupils  
b. Secretion of digestive enzymes  
c. Increased heart rate  
d. A general feeling of relaxation

Q8  
**What is a dendrite?**

a. An appendage which originates from the cell body and projects to various regions of the nervous system  
b. A membrane which protects a nerve cell and helps prevent cross interference  
c. A tree like projection which branches out from the cell body  
d. The main apparatus for sending signals to other nerve cells
Q9
Which of the following endocrine gland controls most of the other endocrine glands in the body?

a. Hypothalamus  
b. Adrenal  
c. Thyroid  
d. Pituitary

Q10
What is the name given to a chemical, which is produced in gland, whose role is to control the physiology and behaviour of organs?

a. Adenosine triphosphate  
b. Creatine  
c. Hormone  
d. Vitamin

Q11
Which hormone lowers blood sugar levels?

a. Lymphoid tissue  
b. Adrenaline  
c. Glandular tissue  
d. Insulin

Q12
What is the name of the blood vessel which transports blood from the heart to the lungs?

a. Superior vena cava  
b. Pulmonary artery  
c. Pulmonary vein  
d. Aorta
Q13
What is the function of the left ventricle?

a. To receive blood from the lungs
b. To pump blood to the lungs
c. To pump blood to the organs
d. To receive blood from the organs

Q14
Which of the following occurs as part of pulmonary circulation?

a. De-oxygenated blood travels from the heart to the lungs
b. Oxygenated blood is supplied to the brain
c. Oxygenated blood is supplied to the myocardium
d. De-oxygenated blood travels from the body tissues to the heart

Q15
Which of the following is found in red blood cells?

a. Hematoma
b. Haemophilia
c. Haematocrit
d. Haemoglobin

Q16
What is blood pressure?

a. Stress or tension resulting from adverse or demanding circumstances
b. A disease which affects arteries
c. The force exerted on the walls of blood vessels
d. Distress or uneasiness of the mind caused by fear of danger or misfortune
Q17
Which of the following statements about blood pressure is correct?

a. Abdominal obesity carries the least risk of developing hypertension
b. Genetics play an insignificant role in the development of hypertension
c. Blood pressure will tend to increase as the individual gets older
d. Smoking may result in a decrease in systolic blood pressure

Q18
Which of the following describes the flow of air through the respiratory tract?

a. Pharynx, larynx, trachea, bronchioles, bronchi, alveoli
b. Pharynx, larynx, trachea, bronchi, bronchioles, alveoli

c. Larynx, pharynx, trachea, bronchi, bronchioles, alveoli,
d. Pharynx, larynx, bronchi, bronchioles, trachea, alveoli

Q19
The process of inhalation and exhalation of gases present in the atmosphere is called...

a. Diffusion
b. Respiration
c. Breathing
d. Osmosis

Q20
Which of the following muscles contracts during inhalation?

a. Internal intercostal muscles
b. Rectus abdominus
c. Obliques
d. External intercostal muscles
Q21
**What is the name given to the liquid that flows around the lymphatic system?**

a. Lymph  

b. Tissue fluid  

c. Plasma  

d. Interstitial fluid

Q22
**What is the function of the spleen?**

a. To remove old red blood cells  

b. To store excess glycogen  

c. To produce bile to aid in emulsifying fats  

d. Its function has been largely undetermined

Q23
**What causes the flow of lymph to slow as it passes through a lymph node?**

a. The narrowing of lymph vessels upon entry  

b. Having fewer lymphatic vessels leaving nodes than entering  

c. Non-return valves which prevent back-flow  

d. Gravity which causes a passive peripheral resistance

Q24
**Which of the following is a function of lymph nodes?**

a. To produce red blood cells  

b. To produce lymphocytes  

c. To produce lymph  

d. To emulsify fats
Q25
Where in the body are the popliteal nodes located?

a. In the groin
b. In the neck
c. In the armpit
d. Behind the knee

Q26
What is the oesophagus?

a. A soft tissue structure which connects between the liver and kidneys
b. A gland located on the right side of the lower abdomen
c. A hollow tube which joins the pharynx to the stomach
d. A muscular organ located on the left side of the upper abdomen

Q27
Which of the following organs bathe swallowed food in acid to kill bacteria?

a. Stomach
b. Rectum
c. Small intestine
d. Large intestine

Q28
What is the name of a tube which joins the kidneys to the bladder?

a. Urethra
b. Uretic
c. Ureteric
d. Ureter
Q29
Which one of the following structures produces urine?

a. Adrenal gland
b. Liver
c. Kidney
d. Bladder

Q30
Why may sports massage prove beneficial if it is applied just before an event?

a. If it is made to be painful, it will encourage the release of adrenaline
b. By optimising blood circulation, the onset of lactic acid production could be delayed
c. By removing the necessity to warm-up, energy can be conserved
d. The oils used could help lubricate the joints