ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 1 · 10 QUESTIONS

Applied Anatomy and Physiology — Practice Test

This practice test was made by AI and there may be mistakes. If a question or answer looks wrong, use the Flag a mistake button to let Brett know so he can fix it.

1 **A cricket bat rests beside a fielder. Which blood cells carry oxygen around the body?**

A Plasma

B Platelets

C White blood cells

D Red blood cells

Understand It with Pulse | Flag a mistake

2 **A football player runs hard for ninety minutes. Which energy system supplies most of the energy?**

- A Lactic acid system
- B Fat oxidation system
- C Aerobic system
- D ATP-PC system

Understand It with Pulse | Flag a mistake

3 **Which blood cells carry oxygen around the body?**

- A White blood cells
- B Red blood cells
- C Plasma
- D Platelets

Understand It with Pulse | Flag a mistake

4 **Which energy system is mainly used for a 100 metre sprint?**

- A Lactic acid system
- B Fat oxidation system
- C Aerobic system
- D ATP-PC system

Understand It with Pulse | Flag a mistake

5 **What movement happens at the ankle when a dancer points the toes?**

- A Extension
- B Flexion
- C Plantarflexion
- D Dorsiflexion, in some situations

Understand It with Pulse | Flag a mistake

6 **What happens to a muscle when it contracts concentrically?**

A It stays the same length

B It lengthens

C It relaxes fully

D It shortens

Understand It with Pulse | Flag a mistake

7 **What is the systemic circulation?**

A Blood flow to the lungs only

B Blood flow between the heart and the lungs

C Blood flow inside the heart

D Blood flow between the heart and the body

Understand It with Pulse | Flag a mistake

8 **Which pair is antagonistic at the elbow?**

A Deltoid and pectoral

B Biceps and triceps

C Gastrocnemius and soleus

D Quadriceps and hamstrings

Understand It with Pulse | Flag a mistake

9 **What is a normal blood pressure reading?**

A Sixty over forty

B One hundred and twenty over eighty

C Two hundred over one hundred

D Eighty over one hundred and twenty

Understand It with Pulse | Flag a mistake

10 **Which blood vessel carries oxygenated blood from the lungs to the heart?**

A Pulmonary artery

B Pulmonary vein

C Aorta

D Vena cava

Understand It with Pulse | Flag a mistake

ANSWER KEY

1. D
2. C
3. B
4. D
5. C
6. D
7. D
8. B
9. B
10. B

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