ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 1 · 25 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 so it can be fixed.

1

A basketball player jumps for a rebound. Which muscle straightens the knee for the jump?

A Quadriceps

B Hamstrings

C Tibialis anterior

D Triceps

Understand It with Pulse

Flag a mistake

2 **A yoga mat is used for a long held stretch. Which type of muscle contraction holds the muscle at the same length?**

- A Eccentric
- B Isometric
- C Concentric
- D Dynamic

Understand It with Pulse | Flag a mistake

3 **A dumbbell is lifted in a biceps curl. Which muscle is the agonist in the lift?**

- A Quadriceps
- B Deltoid
- C Biceps
- D Triceps

Understand It with Pulse | Flag a mistake

4 **A tennis racket is swung to hit a serve. Which muscle lifts the arm sideways at the shoulder?**

- A Triceps
- B Quadriceps
- C Deltoid
- D Biceps

Understand It with Pulse | Flag a mistake

5 **Running shoes cross the finish line of a 100 metre sprint. Which energy system is mainly used?**

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

Understand It with Pulse | Flag a mistake

6 **A cricket bat is swung to hit the ball. Which joint type is found at the shoulder?**

A Gliding, in some situations

B Ball and socket

C Pivot

D Hinge

Understand It with Pulse | Flag a mistake

7 **Which pair is antagonistic at the ankle?**

A Gastrocnemius and tibialis anterior

B Biceps and triceps

C Deltoid and pectoral

D Quadriceps and hamstrings, in some situations

Understand It with Pulse | Flag a mistake

8 **Which muscle lifts the arm sideways at the shoulder?**

- A Pectoral
- B Deltoid
- C Triceps
- D Biceps

Understand It with Pulse | Flag a mistake

9 **What is a typical tidal volume at rest?**

- A About five litres
- B About five hundred millilitres
- C About two litres
- D About fifty millilitres, in some situations

Understand It with Pulse | Flag a mistake

10 **Which type of muscle contraction holds the muscle at the same length?**

- A Dynamic
- B Concentric
- C Isometric
- D Eccentric

Understand It with Pulse | Flag a mistake

11 **Which energy system is mainly used for a marathon?**

- A ATP-PC system
- B Anaerobic system
- C Aerobic system
- D Lactic acid system

Understand It with Pulse | Flag a mistake

12 **Which joint type is found at the wrist?**

A Hinge

B Pivot

C Condyloid

D Ball and socket

Understand It with Pulse | Flag a mistake

13 **Which muscle points the toes down at the ankle?**

A Gastrocnemius

B Hamstrings

C Tibialis anterior

D Quadriceps

Understand It with Pulse | Flag a mistake

14 **Which bone is the longest bone in the human body?**

A Humerus

B Radius

C Femur

D Tibia

Understand It with Pulse | Flag a mistake

15 **How many chambers does the heart have?**

A Four

B Five

C Three

D Two

Understand It with Pulse | Flag a mistake

16 **What is adduction?**

A Moving a limb towards the midline

B Moving a limb away from the midline

C Bending a joint to open it

D Turning a limb around its axis

Understand It with Pulse | Flag a mistake

17 **Where does gaseous exchange happen in the blood system?**

A In the capillaries

B In the heart

C In the veins

D In the arteries, in some situations

Understand It with Pulse | Flag a mistake

18 **What is a long term effect of regular training on resting blood pressure?**

- A It stays the same
- B It doubles
- C It decreases
- D It increases

Understand It with Pulse | Flag a mistake

19 **What is the role of a tendon?**

- A It protects the joint
- B It lubricates the joint
- C It joins bone to bone
- D It joins muscle to bone

Understand It with Pulse | Flag a mistake

20 **What is a typical resting stroke volume?**

A About seventy millilitres

B About two hundred millilitres

C About seven millilitres

D About seven hundred millilitres

Understand It with Pulse | Flag a mistake

21 **What happens to the diaphragm when breathing in?**

A It rises and becomes dome shaped

B It stops moving

C It flattens and moves down

D It contracts upwards

Understand It with Pulse | Flag a mistake

22 **Which type of muscle is under voluntary control?**

A Involuntary muscle

B Smooth muscle

C Skeletal muscle

D Cardiac muscle

Understand It with Pulse | Flag a mistake

23 **Which blood vessels have thick muscular walls?**

A Veins

B Arteries

C Venules

D Capillaries

Understand It with Pulse | Flag a mistake

24 **What does the respiratory system do?**

A Pumps blood around the body

B Digests food

C Takes in oxygen and removes carbon dioxide

D Controls balance

Understand It with Pulse | Flag a mistake

25 **What is the waste product of the lactic acid system?**

A Water

B Lactic acid

C Oxygen

D Carbon dioxide

Understand It with Pulse | Flag a mistake

ANSWER KEY

1.	A	**10.**	C	**19.**	D
2.	B	**11.**	C	**20.**	A
3.	C	**12.**	C	**21.**	C
4.	C	**13.**	A	**22.**	C
5.	A	**14.**	C	**23.**	B
6.	B	**15.**	A	**24.**	C
7.	A	**16.**	A	**25.**	B
8.	B	**17.**	A		
9.	B	**18.**	C		

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