ENGLAND GCSE PHYSICAL EDUCATION AQA · UNIT 1 · 5 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 stopwatch times a 400 metre race. Which energy system is mainly used?**

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

Understand It with Pulse | Flag a mistake

2 **Which chamber pumps blood to the whole body?**

- A Left atrium
- B Right atrium
- C Right ventricle
- D Left ventricle

Understand It with Pulse | Flag a mistake

3 **Which muscle is the main chest muscle?**

- A Trapezius
- B Latissimus dorsi
- C Deltoid
- D Pectoralis major

Understand It with Pulse | Flag a mistake

4 **Which blood cells fight infection in the body?**

A Platelets

B Plasma

C White blood cells

D Red blood cells, in some situations

Understand It with Pulse | Flag a mistake

5 **Which energy system needs oxygen to work?**

A Lactic acid system

B ATP-PC system

C Glycolytic system

D Aerobic system

Understand It with Pulse | Flag a mistake

ANSWER KEY

1. B
2. D
3. D
4. C
5. D

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