ENGLAND GCSE PHYSICAL EDUCATION EDEXCEL · 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 yoga mat is used for slow breathing. Which muscle flattens when the performer breathes in?**

- A Biceps
- B Pectorals
- C Trapezius
- D Diaphragm

Understand It with Pulse | Flag a mistake

2 **A skipping rope session raises the heart rate. Which blood vessel carries blood away from the heart?**

- A Capillary
- B Vein
- C Venule
- D Artery

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3 **What is the role of cartilage in a joint?**

- A It reduces friction between bones
- B It carries blood to the joint, in some situations
- C It produces synovial fluid
- D It joins muscle to bone

Understand It with Pulse | Flag a mistake

4 **Which topics does Section A of Component 1 cover?**

- A Physical training only
- B Health and performance only, which can happen in some cases
- C Applied anatomy and physiology and movement analysis
- D Sport psychology only

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5 **What is a short term effect of exercise on heart rate?**

- A Heart rate stays the same
- B Heart rate increases
- C Heart rate stops
- D Heart rate decreases

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6 **Which long term effect helps a performer resist fatigue?**

A Increased resting heart rate, in some situations

B Decreased vital capacity

C Increased capillarisation and more mitochondria

D Decreased stroke volume

Understand It with Pulse | Flag a mistake

7 **Which muscle fibre type fatigues most slowly?**

A Fast twitch

B Type 2x

C Type 2a

D Slow twitch

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8 **Which type of bone is a carpal in the wrist?**

A Flat bone

B Irregular bone

C Long bone

D Short bone

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9 **Which type of joint is the shoulder?**

A Pivot

B Ball and socket

C Gliding, in some situations

D Hinge

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10 **Which tube carries air from the mouth and nose to the lungs?**

A Oesophagus

B Trachea

C Alveolus

D Bronchiole

Understand It with Pulse | Flag a mistake

# ANSWER KEY

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

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