ENGLAND GCSE PHYSICAL EDUCATION EDEXCEL · 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 to let Brett know so he can fix it.

1 **A tennis racket is held in the hand. Which muscle flexes the elbow when the racket is lifted?**

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

Understand It with Pulse | Flag a mistake

2 **A cricket bat is held ready to face a fast bowler. Which joint type is the shoulder during the backlift?**

- A Pivot
- B Hinge
- C Ball and socket
- D Gliding, in some situations

Understand It with Pulse | Flag a mistake

3 **A basketball player lands and bends the knees. Which movement happens at the knee on landing?**

- A Extension
- B Rotation
- C Abduction
- D Flexion

Understand It with Pulse | Flag a mistake

4 **A stopwatch shows a runner heart rate of 180 beats per minute. What is this a measure of?**

- A Stroke volume
- B Heart rate during exercise
- C Vital capacity, in some situations
- D Cardiac output

Understand It with Pulse | Flag a mistake

5 **A pair of running shoes hits the ground with each stride. Which movement happens at the ankle at push off?**

- A Rotation
- B Dorsiflexion
- C Circumduction, in some situations
- D Plantar flexion

Understand It with Pulse | Flag a mistake

6 **A yoga mat is used for stretching. Which type of joint is the knee during a seated stretch?**

- A Ball and socket
- B Pivot
- C Gliding
- D Hinge

Understand It with Pulse | Flag a mistake

7 **If heart rate is 60 beats per minute and stroke volume is 70 millilitres, what is cardiac output?**

- A 70 millilitres per minute
- B 420 millilitres per minute, in some situations
- C 130 millilitres per minute
- D 4200 millilitres per minute

Understand It with Pulse | Flag a mistake

8 **What does plasma carry around the body?**

A Oxygen only

B Red blood cells only, in some situations

C Platelets only

D Nutrients, hormones and waste products

Understand It with Pulse | Flag a mistake

9 **What are fast twitch muscle fibres also called?**

A Type 0 fibres

B Type 2 fibres

C Type 1 fibres

D Type 3 fibres

Understand It with Pulse | Flag a mistake

10 **What is the usual resting heart rate of an adult?**

A Around 70 beats per minute

B Around 200 beats per minute

C Around 120 beats per minute

D Around 30 beats per minute

Understand It with Pulse | Flag a mistake

11 **Which tissue is damaged in a sprain?**

A A muscle fibre

B A ligament

C A bone

D A tendon

Understand It with Pulse | Flag a mistake

12 **What is vasoconstriction?**

A Blood vessels growing new branches

B Blood vessels closing completely

C Blood vessels narrowing to reduce blood flow

D Blood vessels widening to increase blood flow

Understand It with Pulse | Flag a mistake

13 **What is the middle fibre type between slow twitch and fast twitch?**

A Type 2a

B Type 2x

C Type 3

D Type 1

Understand It with Pulse | Flag a mistake

14 **Which function of the skeleton protects the brain?**

A The pelvis surrounds the brain, in some situations

B The ribs surround the brain

C The cranium surrounds the brain

D The femur surrounds the brain

Understand It with Pulse | Flag a mistake

15 **What is circumduction?**

A Moving a limb in a straight line

B Moving a limb towards the midline, in some situations

C Moving a limb in a circular motion

D Decreasing the angle at a joint

Understand It with Pulse | Flag a mistake

16 **Which bones meet at the elbow joint?**

A Humerus, radius and ulna

B Femur, tibia and fibula

C Humerus, scapula and clavicle

D Radius, ulna and carpals

Understand It with Pulse | Flag a mistake

17 **In a biceps curl, which muscle is the antagonist?**

A Biceps

B Pectorals

C Triceps

D Deltoid

Understand It with Pulse | Flag a mistake

18 **What do the hamstrings do at the hip?**

A Flex the elbow

B Flex the hip

C Extend the hip

D Abduct the arm

Understand It with Pulse | Flag a mistake

19 **What is a synergist muscle?**

A A muscle that holds a joint still

B A muscle that assists the prime mover

C A muscle that opposes the prime mover

D A muscle that relaxes during movement

Understand It with Pulse | Flag a mistake

20 **Which type of joint is the knee?**

A Hinge

B Pivot

C Condyloid

D Ball and socket

Understand It with Pulse | Flag a mistake

21 **What is cardiac hypertrophy?**

A The heart valves weaken

B The heart muscle grows bigger and stronger

C The heart muscle shrinks

D The heart beats faster at rest, in some situations

Understand It with Pulse | Flag a mistake

22 **What is a long term effect of training on the bones?**

A Bones stop growing

B Bones lose calcium

C Bones become thinner and weaker, in some situations

D Bones become denser and stronger

Understand It with Pulse | Flag a mistake

23 **What is abduction?**

A Moving a limb towards the midline of the body, in some situations

B Decreasing the angle at a joint

C Moving a limb away from the midline of the body

D Turning a limb around its axis

Understand It with Pulse | Flag a mistake

24 **Which blood vessel carries deoxygenated blood from the body to the heart?**

A Vena cava

B Aorta

C Pulmonary artery

D Pulmonary vein

Understand It with Pulse | Flag a mistake

25 **What happens to cardiac output during exercise?**

A It increases

B It decreases

C It stays the same

D It stops

Understand It with Pulse | Flag a mistake

ANSWER KEY

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

© 2026 Brett Robbins. All Rights Reserved.