ENGLAND GCSE PHYSICAL EDUCATION EDEXCEL · 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 dumbbell is lifted in a biceps curl. Which muscle is the agonist?**

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

Understand It with Pulse | Flag a mistake

2 **What happens when a performer breathes out at rest?**

- **A** The diaphragm flattens and the ribs move out
- **B** The diaphragm contracts and the ribs move up
- **C** The diaphragm relaxes and the ribs move down
- **D** The intercostal muscles contract hard

Understand It with Pulse | Flag a mistake

3 **What is the double circulation system?**

- **A** Blood passes through the heart once per circuit, in some situations
- **B** Blood flows in two directions at once
- **C** Blood is pumped by two hearts
- **D** Blood passes through the heart twice per circuit

Understand It with Pulse | Flag a mistake

4 **Which blood vessels carry blood away from the heart?**

- A Capillaries
- B Venules
- C Arteries
- D Veins

Understand It with Pulse | Flag a mistake

5 **What is plantar flexion?**

- A Turning the foot outwards, in some situations
- B Turning the foot inwards
- C Pointing the toes upwards
- D Pointing the toes downwards

Understand It with Pulse | Flag a mistake

ANSWER KEY

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

© 2026 Brett Robbins. All Rights Reserved.