ENGLAND GCSE PHYSICAL EDUCATION OCR · 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 whistle blows to start a match. Which muscle group flexes the knee as a player bends to pick up the ball?**

- A Quadriceps
- B Hamstrings
- C Deltoid
- D Gastrocnemius

Understand It with Pulse | Flag a mistake

2 **A cricket bat is raised to play a pull shot. Which bone is in the upper arm?**

A Radius, in some situations

B Femur

C Humerus

D Ulna

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3 **What is the function of a ligament?**

A To hold bones together at a joint

B To pull a bone when a muscle contracts

C To cushion the ends of bones

D To carry blood to a muscle

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4 **Which axis goes with movements in the transverse plane?**

- A Transverse axis
- B Sagittal axis
- C Longitudinal axis
- D Horizontal axis, in some situations

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5 **Which muscle extends the elbow?**

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

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6 **Which mineral is stored in bones and keeps them strong?**

- A Calcium
- B Potassium
- C Iron
- D Sodium

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7 **Which axis does a full twist rotate around?**

- A Longitudinal axis
- B Horizontal axis, in some situations
- C Transverse axis
- D Sagittal axis

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8 **Which joint allows the widest range of movement?**

A Ball and socket

B Hinge

C Gliding, in some situations

D Pivot

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9 **What is anaerobic exercise?**

A Exercise without enough oxygen to release energy

B Exercise that uses only protein for energy, in some situations

C Exercise using plenty of oxygen

D Exercise that lasts over an hour

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10 **Which muscle pulls the arm down and back at the shoulder?**

A Pectoralis major

B Deltoid

C Latissimus dorsi

D Biceps

Understand It with Pulse | Flag a mistake

ANSWER KEY

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

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