ENGLAND GCSE PHYSICAL EDUCATION OCR · 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 whistle blows at half time. Which chamber of the heart pumps blood to the lungs?

A Right atrium

B Left ventricle, in some situations

C Right ventricle

D Left atrium

Understand It with Pulse

Flag a mistake

2 **A football player kicks the ball. Which muscle group extends the knee as the leg swings through?**

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

Understand It with Pulse | Flag a mistake

3 **A yoga mat is used for a stretch. Which movement happens at the hip when the leg is lifted forwards?**

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

Understand It with Pulse | Flag a mistake

4 **Running shoes lift off the ground as the runner stands on tiptoe. Which class of lever is this?**

A Fourth class

B First class

C Second class

D Third class

Understand It with Pulse | Flag a mistake

5 **A bicycle rider pedals uphill. Which muscle group extends the knee with each push?**

A Gastrocnemius

B Hamstrings

C Abdominals

D Quadriceps

Understand It with Pulse | Flag a mistake

6 **A stopwatch times a sprint. What happens to the breathing rate of the sprinter?**

- A It stops
- B It stays the same
- C It decreases
- D It increases

Understand It with Pulse | Flag a mistake

7 **What is the advantage of a third class lever?**

- A Maximum force with little effort
- B Speed and range of movement
- C Maximum load with little effort
- D No effort is needed at all

Understand It with Pulse | Flag a mistake

8 **What joins muscle to bone?**

- A Cartilage
- B Synovial fluid
- C Tendon
- D Ligament

Understand It with Pulse | Flag a mistake

9 **Which blood vessel carries blood back to the heart from the body?**

- A Vena cava
- B Pulmonary artery
- C Aorta
- D Pulmonary vein

Understand It with Pulse | Flag a mistake

10 **What is a long term effect of training on stroke volume?**

A It stays the same

B It increases

C It falls to zero

D It decreases

Understand It with Pulse | Flag a mistake

11 **Which bone is the shin bone?**

A Fibula

B Femur

C Radius

D Tibia

Understand It with Pulse | Flag a mistake

12 **What is the function of the patella?**

A To cushion the hip joint

B To protect the knee joint

C To support the ankle joint

D To protect the elbow joint

Understand It with Pulse | Flag a mistake

13 **Which type of muscle is found in the walls of blood vessels?**

A Smooth muscle

B Voluntary muscle

C Skeletal muscle

D Cardiac muscle

Understand It with Pulse | Flag a mistake

14 **Are calculators allowed in Component 01?**

- A Only for Section A
- B Yes
- C No
- D Only for Section B

Understand It with Pulse | Flag a mistake

15 **Which movement happens at the knee during the upward phase of a squat?**

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

Understand It with Pulse | Flag a mistake

16 **Which side of the heart pumps blood to the lungs?**

A Lower side

B Left side

C Right side

D Upper side

Understand It with Pulse | Flag a mistake

17 **What share of the GCSE is Component 01 worth?**

A Twenty per cent

B Thirty per cent

C Fifty per cent

D Forty per cent

Understand It with Pulse | Flag a mistake

18 **Which activity is mainly anaerobic?**

A A 100 metre sprint

B A slow walk

C A gentle swim

D A long distance run

Understand It with Pulse | Flag a mistake

19 **What is dorsiflexion?**

A Lifting the heel off the ground

B Turning the foot inwards

C Pulling the toes up towards the shin

D Pointing the toes downwards at the ankle

Understand It with Pulse | Flag a mistake

20

What is EPOC?

A Oxygen used during exercise

B Energy produced during exercise

C Extra protein needed after exercise, in some situations

D Excess oxygen used after exercise to restore the body

Understand It with Pulse | Flag a mistake

21

What happens to blood flow to the digestive organs during exercise?

A It increases

B It stays the same

C It stops the heart beating

D It decreases

Understand It with Pulse | Flag a mistake

22 **Which plane divides the body into front and back halves?**

- A Sagittal plane
- B Transverse plane
- C Vertical plane
- D Frontal plane

Understand It with Pulse | Flag a mistake

23 **What is a long term effect of training on vital capacity?**

- A It falls by half
- B It decreases
- C It stays the same
- D It increases

Understand It with Pulse | Flag a mistake

24 **What is a typical breathing rate at rest?**

A About 12 to 20 breaths per minute

B About 2 to 5 breaths per minute

C About 80 to 100 breaths per minute

D About 40 to 60 breaths per minute

Understand It with Pulse | Flag a mistake

25 **In a second class lever, where is the load?**

A Between the fulcrum and the effort

B Outside the lever system

C At the same end as the fulcrum

D Between the effort and the joint, in some situations

Understand It with Pulse | Flag a mistake

ANSWER KEY

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

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