ENGLAND GCSE PHYSICAL EDUCATION OCR · 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 yoga mat is used for slow breathing. What happens to the diaphragm when breathing in?**

- A It contracts and rises
- B It contracts and flattens
- C It relaxes and rises
- D It relaxes and flattens, in some situations

Understand It with Pulse | Flag a mistake

2 **What is stroke volume?**

A The volume of blood pumped per minute, in some situations

B The volume of blood pumped out in one beat

C The number of beats per minute

D The pressure of blood in the veins

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3 **Which axis does a somersault rotate around?**

A Longitudinal axis

B Vertical axis

C Transverse axis

D Sagittal axis

Understand It with Pulse | Flag a mistake

4 **Which side of the heart pumps blood to the whole body?**

- A Upper side
- B Right side
- C Lower side
- D Left side

Understand It with Pulse | Flag a mistake

5 **Which type of bone is the scapula?**

- A Irregular bone
- B Long bone
- C Flat bone
- D Short bone

Understand It with Pulse | Flag a mistake

ANSWER KEY

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

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