

**MULTIPLE CHOICE
QUESTION PAPER**

Paper number MAPSMQ3.1 Please insert this reference number in the appropriate boxes on your candidate answer sheet	Time allocation 60 minutes
Title Level 3 Mock Anatomy and Physiology for Sports Massage Unit Reference Number: J/506/7220	
Special Instructions This theory paper comprises questions that are indicative of the Level 3 Anatomy and Physiology for Sports Massage unit. All questions are multiple-choice. Answers should be recorded as either a, b, c or d. Calculators are permitted. This theory paper has 30 marks (each question is worth 1 mark). A minimum total of 21 marks overall (70%) is required in order to pass. Important: Please do not write on this paper.	

Q1

The most basic structural and functional unit of life is called

- a. An organism
- b. A cell
- c. DNA
- d. A molecule

Q2

Which cellular structure produces Adenosine Triphosphate (ATP)?

- a. Golgi apparatus
- b. Nucleolus
- c. Mitochondria
- d. Centrosome

Q3

What type of tissue covers the surface of the body?

- a. Lymphoid tissue
- b. Connective Tissue
- c. Glandular tissue
- d. Epithelial Tissue

Q4

What is the name of the protein that helps keeps the dermis flexible?

- a. Lipo-protein
- b. Collagen
- c. Actin
- d. Keratin

Q5

Vasodilation of superficial vessels helps...

- a. Protect the body from injury
- b. Detect changes in the environment
- c. Raise the body temperature
- d. Lower the body temperature

Q6

Which of the following structures is located in the central nervous system?

- a. Heart
- b. Brain
- c. Golgi tendon organ
- d. Motor nerve

Q7

Which of the following is a sympathetic response?

- a. Constriction of the pupils
- b. Secretion of digestive enzymes
- c. Increased heart rate
- d. A general feeling of relaxation

Q8

What is a dendrite?

- a. An appendage which originates from the cell body and projects to various regions of the nervous system
- b. A membrane which protects a nerve cell and helps prevent cross interference
- c. A tree like projection which branches out from the cell body
- d. The main apparatus for sending signals to other nerve cells

Q9

Which of the following endocrine gland controls most of the other endocrine glands in the body?

- a. Hypothalamus
- b. Adrenal
- c. Thyroid
- d. Pituitary

Q10

What is the name given to a chemical, which is produced in gland, whose role is to control the physiology and behaviour of organs?

- a. Adenosine triphosphate
- b. Creatine
- c. Hormone
- d. Vitamin

Q11

Which hormone lowers blood sugar levels?

- a. Lymphoid tissue
- b. Adrenaline
- c. Glandular tissue
- d. Insulin

Q12

What is the name of the blood vessel which transports blood from the heart to the lungs?

- a. Superior vena cava
- b. Pulmonary artery
- c. Pulmonary vein
- d. Aorta

Q13

What is the function of the left ventricle?

- a. To receive blood from the lungs
- b. To pump blood to the lungs
- c. To pump blood to the organs
- d. To receive blood from the organs

Q14

Which of the following occurs as part of pulmonary circulation?

- a. De-oxygenated blood travels from the heart to the lungs
- b. Oxygenated blood is supplied to the brain
- c. Oxygenated blood is supplied to the myocardium
- d. De-oxygenated blood travels from the body tissues to the heart

Q15

Which of the following is found in red blood cells?

- a. Hematoma
- b. Haemophilia
- c. Haematocrit
- d. Haemoglobin

Q16

What is blood pressure?

- a. Stress or tension resulting from adverse or demanding circumstances
- b. A disease which affects arteries
- c. The force exerted on the walls of blood vessels
- d. Distress or uneasiness of the mind caused by fear of danger or misfortune

Q17

Which of the following statements about blood pressure is correct?

- a. Abdominal obesity carries the least risk of developing hypertension
- b. Genetics play an insignificant role in the development of hypertension
- c. Blood pressure will tend to increase as the individual gets older
- d. Smoking may result in an decrease in systolic blood pressure

Q18

Which of the following describes to flow of air through the respiratory tract?

- a. Pharynx, larynx, trachea, bronchioles, bronchi, alveoli
- b. Pharynx, larynx, trachea, bronchi, bronchioles, alveoli
- c. Larynx pharynx trachea, bronchi, bronchioles, alveoli,
- d. Pharynx, larynx, bronchi, bronchioles, trachea, alveoli

Q19

The process of inhalation and exhalation of gases present in the atmosphere is called...

- a. Diffusion
- b. Respiration
- c. Breathing
- d. Osmosis

Q20

Which of the following muscles contracts during inhalation?

- a. Internal intercostal muscles
- b. Rectus abdominus
- c. Obliques
- d. External intercostal muscles

Q21

What is the name given to the liquid that flows around the lymphatic system?

- a. Lymph
- b. Tissue fluid
- c. Plasma
- d. Interstitial fluid

Q22

What is the function of the spleen?

- a. To remove old red blood cells
- b. To store excess glycogen
- c. To produce bile to aid in emulsifying fats
- d. Its function has been largely undetermined

Q23

What causes the flow of lymph to slow as it passes through a lymph node?

- a. The narrowing of lymph vessels upon entry
- b. Having fewer lymphatic vessels leaving nodes than entering
- c. Non–return valves which prevent back-flow
- d. Gravity which causes a passive peripheral resistance

Q24

Which of the following is a function of lymph nodes?

- a. To produce red blood cells
- b. To produce lymphocytes
- c. To produce lymph
- d. To emulsify fats

Q25

Where in the body are the popliteal nodes located?

- a. In the groin
- b. In the neck
- c. In the armpit
- d. Behind the knee

Q26

What is the oesophagus?

- a. A soft tissue structure which connects between the liver and kidneys
- b. A gland located on the right side of the lower abdomen
- c. A hollow tube which joins the pharynx to the stomach
- d. A muscular organ located on the left side of the upper abdomen

Q27

Which of the following organs bathe swallowed food in acid to kill bacteria?

- a. Stomach
- b. Rectum
- c. Small intestine
- d. Large intestine

Q28

What is the name of a tube which joins the kidneys to the bladder?

- a. Urethra
- b. Uretic
- c. Ureteric
- d. Ureter

Q29

Which one of the following structures produces urine?

- a. Adrenal gland
- b. Liver
- c. Kidney
- d. Bladder

Q30

Why may sports massage prove beneficial if it is applied just before an event?

- a. If it is made to be painful, it will encourage the release of adrenaline
- b. By optimising blood circulation, the onset of lactic acid production could be delayed
- c. By removing the necessity to warm-up, energy can be conserved
- d. The oils used could help lubricate the joints