

Physical Education Studies Year II ATAR

CHAPTER 3: Functional Anatomy

NEXT 

Welcome to the quiz for Chapter 3

- You will be given 20 multiple choice questions
- Click on the correct answer
- Use the links to navigate through the quiz
- To finish the test you must answer all the questions correctly

ARE YOU READY?

Question 1

Which of the following is NOT a characteristic of skeletal muscles?

- A. Elastic
- B. Involuntary
- C. Contractible
- D. Excitable

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 2

Which of the following bones is located in the lower limbs?

- A. Metacarpal
- B. Radius
- C. Femur
- D. Humerus

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 3

Which of the following bones is located in the upper limbs?

- A. Tibia
- B. Tarsal
- C. Sternum
- D. Ulna

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 4

Which of the following muscles is located on the torso?

- A. Gastrocnemius
- B. Latissimus dorsi
- C. Quadriceps
- D. Trapezius

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 5

Which of the following is NOT a difference between fast-twitch and slow-twitch fibres?

- A. Location
- B. Speed of contraction
- C. Force
- D. Endurance

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 6

Which of the following athletes would you expect to have 80% red (Type I) fibres?

- A. Untrained person
- B. Weightlifter
- C. Marathon runner
- D. Cyclist

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 7

Which of the following athletes would you expect to have 70% white (Type II) fibres?

- A. Discus thrower
- B. 800 m runner
- C. Orienteer
- D. 1500 m swimmer

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 8

Which of the following represents an antagonist pair of muscles?

- A. Gastrocnemius/gluteals
- B. Trapezius/intercostals
- C. Latissimus dorsi/tibialis anterior
- D. Hamstrings/quadriceps

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 9

What is the term given to the action of moving the bones of the forearm so that the radius and ulna are parallel (palms up)?

- A. Pronation
- B. Supination
- C. Rotation
- D. Eversion

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 10

Which of the following muscles is responsible for the extension, external rotation and abduction of the leg?

- A. Gluteals
- B. Gastrocnemius
- C. Hamstrings
- D. Quadriceps

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 11

Which of the following is NOT a blood vessel?

- A. Artery
- B. Vein
- C. Platelet
- D. Capillary

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 12

Which of the following vessels carry blood **AWAY** from the heart?

- A. Arteries
- B. Veins
- C. Platelets
- D. Capillaries

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 13

Which of the following best represents cardiac output?

- A. Heart rate x breathing rate
- B. Beats per minute x blood volume
- C. Stroke volume x beats per minute
- D. Heart rate – stroke volume

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 14

Which of the following best represents the cardiac cycle?

- A. Systole, ventricular diastole, atrial diastole
- B. Diastole, ventricular systole, atrial systole
- C. Diastole, atrial systole, ventricular systole
- D. Ventricular diastole, systole, atrial diastole

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 15

At what point in the cardiac cycle does the heart fill with blood?

- A. Diastole
- B. Ventricular systole
- C. Atrial systole
- D. All of the above

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 16

Which of the following is NOT a function of the respiratory system?

- A. Cooling mechanism for the body**
- B. Delivery of oxygen**
- C. Gaseous exchange in the lungs**
- D. Speech creation**

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 17

Which of the following is responsible for controlling the process of breathing?

- A. Trachea
- B. Lungs
- C. Bronchioles
- D. Diaphragm

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 18

At which of the following sites does gaseous exchange occur?

- A. Bronchus
- B. Trachea
- C. Bronchioles
- D. Alveoli

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 19

What is 'vital capacity'?

- A. The volume of air remaining in the lungs after a forced maximum expiration
- B. The greatest volume of air that can be expired after a maximum inspiration
- C. The amount of air that is inspired and expired with each normal breath
- D. The amount of air that can be inspired during a forced inspiration

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 20

What is 'total lung capacity'?

- A. Maximum inspiration – maximum expiration
- B. Maximum expiration – maximum inspiration
- C. Vital capacity + residual volume
- D. Vital capacity – residual volume

TRY AGAIN...

BACK TO QUESTION

**THAT'S
CORRECT!**



CONGRATULATIONS!
YOU HAVE COMPLETED
THE CHAPTER 3 QUIZ