

Physical Education Studies Year 12 General

CHAPTER 3: Functional Anatomy

NEXT

Welcome to the quiz for Chapter 3

- You will be given 10 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 represents an antagonist pair of muscles?

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



TRY AGAIN...

[BACK TO QUESTION](#)

The background of the slide is a photograph of several athletes in their starting blocks at the beginning of a race. The image is semi-transparent and has a reddish-pink tint. The athletes are wearing white singlets with their country names and bib numbers. Visible text includes 'USA 11' on the left, 'AUS 15' in the center, and 'ABU 11' on the right. The central text 'THAT'S CORRECT!' is overlaid in a large, white, bold, sans-serif font with a thin black outline.

**THAT'S
CORRECT!**

NEXT QUESTION 

Question 2

When flexing the forearm, which of the following muscles act as the stabilisers?

- A. Biceps
- B. Triceps
- C. Shoulder muscles
- D. Hand and finger flexors



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THAT'S CORRECT!

NEXT QUESTION 

Question 3

When extending the lower leg, which of the following muscles is the prime mover?

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



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**THAT'S
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NEXT QUESTION 

Question 4

Which of the following best describes the type of contraction when a muscle shortens and the angle of one or more joints changes?

- A. Concentric
- B. Eccentric
- C. Isometric
- D. Geometric



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NEXT QUESTION 

Question 5

Which of the following best describes the type of contraction when a muscle does not change length although it does produce force?

- A. Concentric
- B. Eccentric
- C. Isometric
- D. Geometric



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NEXT QUESTION 

Question 6

The wrist is an example of which of the following types of joints?

- A. Ball and socket
- B. Gliding
- C. Hinge
- D. Ovoid



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NEXT QUESTION 

Question 7

The neck is an example of which of the following types of joints?

- A. Pivot
- B. Gliding
- C. Hinge
- D. Saddle



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NEXT QUESTION 

Question 8

Which of the following types of joints allows flexion/extension, abduction/adduction and circumduction?

- A. Hinge
- B. Ball and socket
- C. Gliding
- D. Saddle



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NEXT QUESTION 

Question 9

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



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NEXT QUESTION 

Question 10

Which of the following athletes would you expect to have 80% slow-twitch fibres?

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

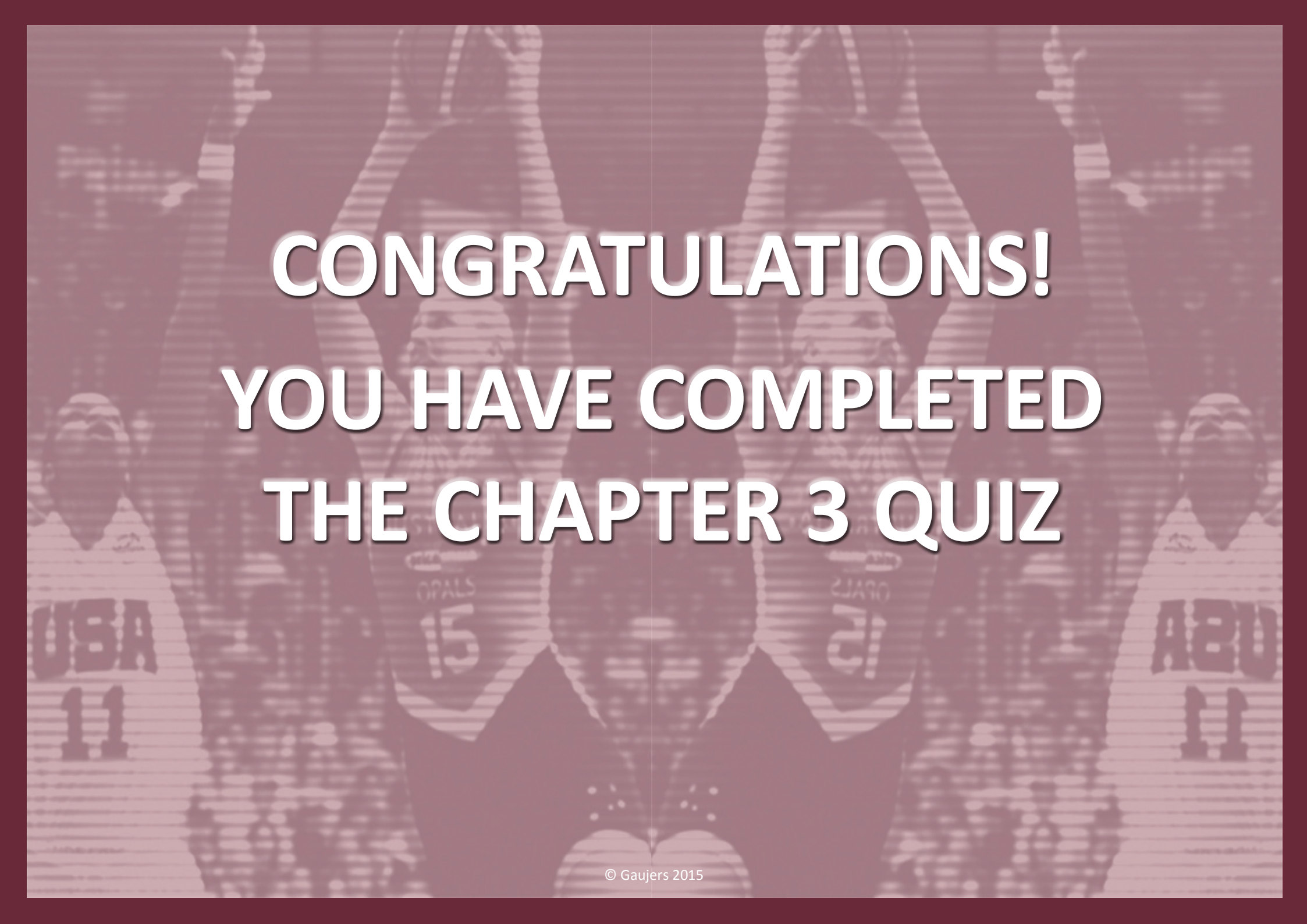


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CONGRATULATIONS!
YOU HAVE COMPLETED
THE CHAPTER 3 QUIZ