

1 L2 / L3 A&P Mock Question

What is the name given to the end of a long bone?

- A Diaphysis
- B The end bit
- C Epiphysis
- D Epimysium



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2 L2 / L3 A&P Mock Question

If a client performs a walking forwards lunge - which plane of movement are they moving in?

- A Frontal
- B Forwards
- C Transverse
- D Sagittal



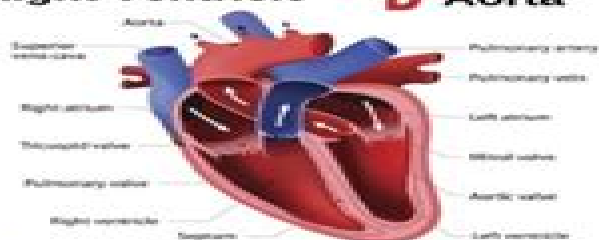
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3 L2 / L3 A&P Mock Question

Which chamber of the heart pumps blood to the lungs?

- Comment below:
- A Left Ventricle
 - B Left Atrium
 - C Right Ventricle
 - D Aorta



4 L2 / L3 A&P Mock Question

If the dumbbell is being pressed towards the sky, which type of muscle contraction occurs in the Shoulders?

- A Gymcentirc
- B Eccentric
- C Isometric
- D Concentric

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5 L2 A&P Mock Question

Which of the following is an example of a ball and socket joint?

- A Wrist
- B Knee
- C Ankle
- D Shoulder



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6 L3 A&P Mock Question

Which of the following statements about type 1 muscle fibres is true?

- A They are slower to fatigue than type 2
- B They have few mitochondria
- C They utilise the anaerobic energy system
- D They are white in colour



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