

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



Comment below:



2 L2 / L3 A&P Mock Question

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

Comment below:

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

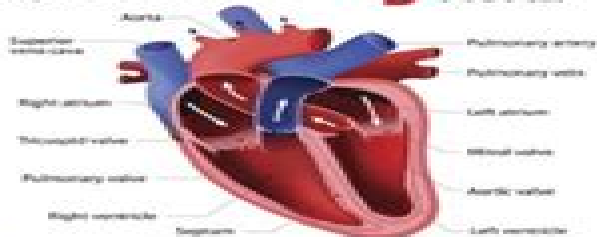


3 L2 / L3 A&P Mock Question

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



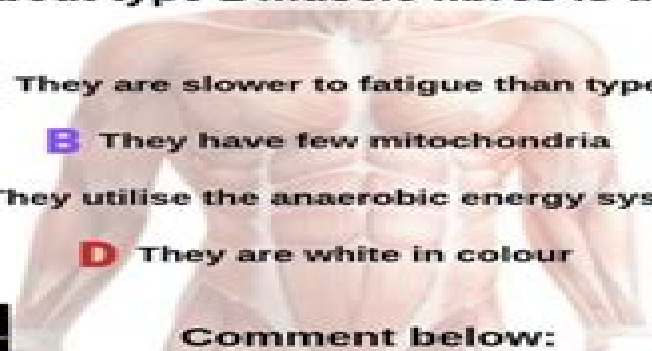
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6 L3 A&P Mock Question

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

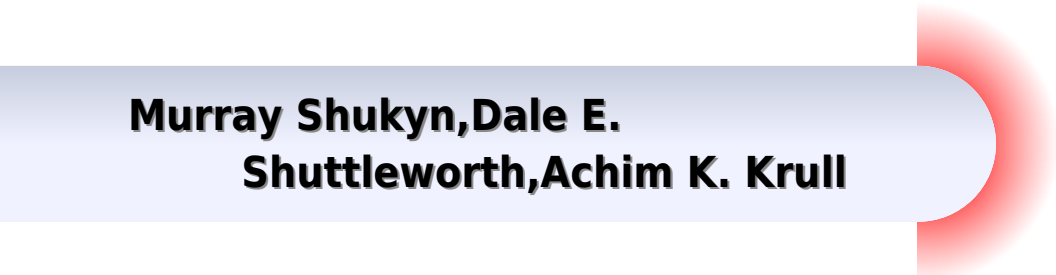


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**Murray Shukyn,Dale E.
Shuttleworth,Achim K. Krull**



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