

Physical Education Studies Year 11 General

CHAPTER 3: Functional Anatomy

NEXT 

Welcome to the quiz for Chapter 3

- You will be given 30 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 major function of the skeletal system?

- A. Provides a framework for the body
- B. Provides an attachment for muscles
- C. Distributes red blood cells to the body
- D. Protects vital organs

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 2

Which of the following is an example of a short bone?

- A. Carpal**
- B. Humerus**
- C. Scapula**
- D. Vertebra**

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 3

Which of the following is an example of a long bone?

- A. Tarsal
- B. Femur
- C. Sternum
- D. Scapula

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 4

Which of the following is an example of an irregular bone?

- A. Sternum
- B. Scapula
- C. Metatarsal
- D. Vertebra

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 5

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 6

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 7

In which anatomical plane does abduction and adduction occur?

- A. Sagittal
- B. Frontal
- C. Transverse
- D. All of the above



TRY AGAIN...

BACK TO QUESTION 



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 8

In which anatomical plane does flexion and extension occur?

- A. Sagittal
- B. Frontal
- C. Transverse
- D. All of the above

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 9

In the action of spinning, an ice skater is rotating in which of the following anatomical planes?

- A. Sagittal
- B. Frontal
- C. Transverse
- D. All of the above

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 10

Which of the following is not part of the axial skeleton?

- A. Skull**
- B. Spine**
- C. Thorax**
- D. Pelvis**

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 11

Which of the following is NOT a major function of muscles?

- A. Creating movement**
- B. Maintaining posture**
- C. Producing red blood cells**
- D. Maintaining bodily function**

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 12

Which of the following is NOT a type of muscle?

- A. Irregular**
- B. Smooth**
- C. Cardiac**
- D. Skeletal**

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 13

Which muscle is responsible for the rotation and abduction of the arm?

- A. Trapezius**
- B. Biceps**
- C. Deltoid**
- D. Triceps**



TRY AGAIN...

BACK TO QUESTION 



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 14

Which muscle is responsible for the flexion of the leg and extension of the lower leg?

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

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 15

Which muscle is responsible for the internal rotation and adduction of the arm?

- A. Pectoralis**
- B. Trapezius**
- C. Deltoid**
- D. Biceps**

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 16

Which muscle is responsible for supination of the forearm?

- A. Triceps**
- B. Biceps**
- C. Deltoid**
- D. Pectoralis**

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 17

What is the action of moving the toes up towards the tibia called?

- A. Inversion**
- B. Rotation**
- C. Dorsi-flexion**
- D. Flexion**

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 18

What is the action of moving your arm in a windmill action around your shoulder called?

- A. Circumduction**
- B. Rotation**
- C. Pronation**
- D. Abduction**

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 19

Which of the following somatotypes best represents an elite marathon runner?

A. 1-7-1

B. 4-1-1

C. 1-4-3

D. 3-3-3



TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 20

Which of the following somatotypes best represents a weightlifter?

- A. 1-5-3**
- B. 7-1-1**
- C. 3-4-3**
- D. 3-7-1**



TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 21

Which of the following is NOT a major component of the blood?

- A. Plasma**
- B. Haemoglobin**
- C. Red blood cells**
- D. White blood cells**

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 22

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 23

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 24

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 25

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 26

During the cardiac cycle, which chamber of the heart RECEIVES blood from the body?

- A. Right ventricle**
- B. Left ventricle**
- C. Right atrium**
- D. Left atrium**



TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 27

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 28

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

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

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT QUESTION 

Question 29

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 30

What happens during expiration?

- A. The pressure in the chest cavity is decreased**
- B. The pressure in the chest cavity is increased**
- C. The ribs move upward and outward**
- D. The pressure in the lungs is low**

TRY AGAIN...

BACK TO QUESTION



**THAT'S
CORRECT!**

NEXT 



CONGRATULATIONS!
YOU HAVE COMPLETED
THE CHAPTER 3 QUIZ