

Anatomy and Physiology Orienteering Quiz

Control Point	Question		Tick for your answer	Check your answer with the 2nd number
3	Which one of these shows how to calculate the mechanical advantage of a lever?	Effort arm + weight (resistance) arm	<input type="checkbox"/>	3
		Effort arm ÷ weight (resistance) arm	<input type="checkbox"/>	6
		Effort arm x weight (resistance) arm	<input type="checkbox"/>	4
8	Which one of these describes flexibility?	Combination of strength and speed	<input type="checkbox"/>	2
		Changing direction at speed with control	<input type="checkbox"/>	9
		Range of movement possible at a joint	<input type="checkbox"/>	1
12	Which one of these lung volumes is 'the maximum amount of air that can be taken into the lungs above that taken in during a normal breath'?	Residual volume	<input type="checkbox"/>	8
		Expiratory reserve volume	<input type="checkbox"/>	5
		Inspiratory reserve volume	<input type="checkbox"/>	1
4	Which one of the following describes vital capacity?	The maximum amount of air you can forcibly breathe in and out per breath.	<input type="checkbox"/>	8
		The total amount of air you breathe in and out during normal breathing.	<input type="checkbox"/>	3
		The total amount of blood you need during exercise.	<input type="checkbox"/>	7
15	Which one of the following is the correct classification of the knee joint?	Pivot	<input type="checkbox"/>	2
		Hinge	<input type="checkbox"/>	4
		Ball and socket	<input type="checkbox"/>	5
7	Which one of the following states the correct names for the two bones in the lower leg?	Tibula and Fibia	<input type="checkbox"/>	9
		Tibia and Fibula	<input type="checkbox"/>	1
		Tibula and Fibula	<input type="checkbox"/>	4

