

# Anatomy and Physiology Orienteering Quiz Answer Sheet

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		6
8	Which one of these describes flexibility?			
		Range of movement possible at a joint		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'?			
		Inspiratory reserve volume		1
4	Which one of the following describes vital capacity?	The maximum amount of air you can forcibly breathe in and out per breath.		8
15	Which one of the following is the correct classification of the knee joint?	Hinge		4
7	Which one of the following states the correct names for the two bones in the lower leg?			
		Tibia and Fibula		1

