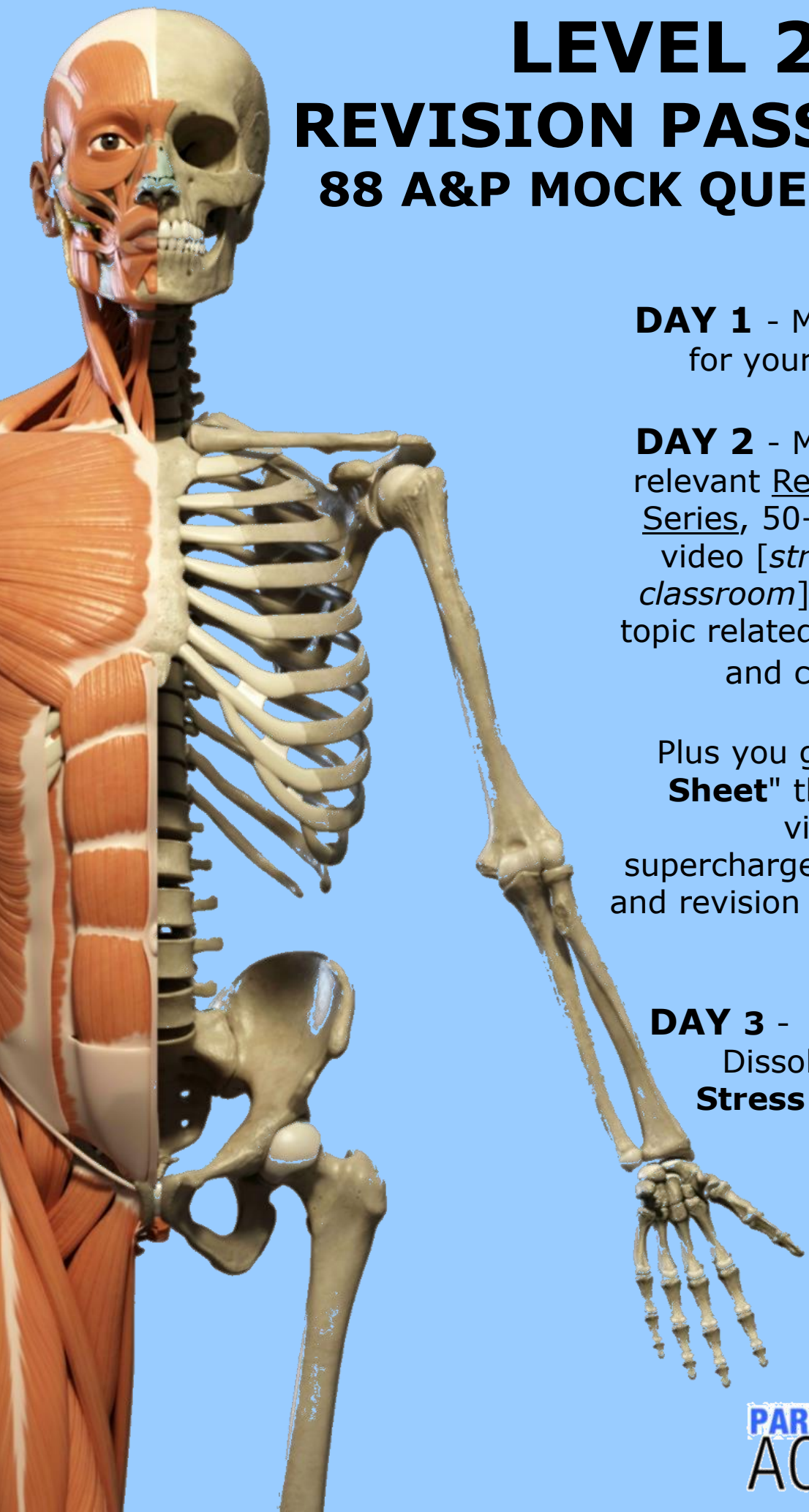

LEVEL 2
REVISION PASS PACK
88 A&P MOCK QUESTIONS

DAY 1 - Mock Questions for your specific exam

DAY 2 - Module 1 of the relevant Revision Mastery Series, 50-min deep dive video [*straight from the classroom*] into a specific topic related to your exam and course manual.

Plus you get the "**Cheat Sheet**" that follows the video module to supercharge your learning and revision ready for your exam.

DAY 3 - Five Tactics To Dissolve **Exam Day Stress and Anxiety**.

PARALLEL COACHING ACADEMY

The following 88 L2 Anatomy and Physiology mock questions are mapped to Active IQ, CYQ, YMCA and VTCT. It's likely you'll have 40 Multiple Choice questions in 90 minutes for your real exam, it's best to check this with your training provider as some do vary.

Regardless of how many questions you have, it will include 3-8 questions on each of the following 8 modules. The questions will appear in a random order in your exam. The following 88 mock questions are also in a random order to represent the final exam as well. After every 8th question you can check your answers so you can track your progress

Module 1: Heart and Circulatory
Module 2: Respiratory System
Module 3: Skeletal Structure & Function
Module 4: Joints & Joint Actions
Module 5: The Muscular System
Module 6: The Musculoskeletal System For Special Populations
Module 7: Energy Systems
Module 8: The Nervous System

COMPLETE THE 88 MOCK QUESTIONS BELOW:

For each of the following questions choose one correct answer from A to D

SECTION 1

1) Which organ of the body is located behind the sternum and just left of centre?
A. The liver
B. The heart
C. The kidneys
D. The lungs

2) Which organ pumps oxygen and nutrients to the tissues of the body?
A. The lungs
B. The kidneys
C. The liver
D. The heart

3) The lower chambers of the heart are known as?
A. Atria
B. Ventricles
C. Capillaries
D. Vena Cavae

4) Which of the following describes the correct sequence of blood flow?
A. Pulmonary vein, right ventricle, right atrium, pulmonary artery
B. Vena cavae, left atrium, left ventricle, aorta
C. Pulmonary vein, left atrium, left ventricle, aorta
D. Aorta, left atrium, left ventricle, pulmonary artery

5) The aorta transports?
A. Oxygenated blood to the heart
B. De-oxygenated blood to the heart
C. Oxygenated blood away from the heart
D. De-oxygenated blood away from the heart

6) De-oxygenated blood is returned to the heart through which of the following blood vessels?
A. Pulmonary vein
B. Vena cava
C. Aorta
D. Pulmonary artery

7) Normal blood pressure can be identified as being:
A. 95/55 mmHg
B. 100/55 mmHg
C. 120/80 mmHg
D. 145/95 mmHg

8) Which organ is responsible for taking oxygen into the body?
A. The heart
B. The kidneys
C. The spleen
D. The lungs

Q1 = **B** Q2 = **D** Q3 = **B** Q4 = **C** Q5 = **C** Q6 = **B** Q7 = **C** Q8 = **D**

Your score = / Out of 8

Which section needs more revision?

Need Help? Contact Hayley @Parallel here

9% Complete the next 8x L2 Mock Questions Now

SECTION 2
9) Alveoli are located within:
A. The heart
B. The lungs
C. The trachea
D. Arteries

10) The main respiratory muscles are the diaphragm and the:
A. Rectus abdominis
B. Intercostals
C. Pectorals
D. Obliques

11) Which of the following is a structure through which air passes when inhaling?
A. The aorta
B. The diaphysis
C. The pulmonary artery
D. The pharynx

12) When oxygen diffuses into the bloodstream during gaseous exchange, where does carbon dioxide pass to?
A. The spleen
B. The kidneys
C. The lungs
D. The heart

13) Which of the following can be found stored in bones?
A. Vitamins
B. Minerals
C. Glycogen
D. Oxygen

14) Which of the following forms part of the axial skeleton?
A. The skull
B. The femur
C. The radius
D. The patella

15) Which component of the skeletal system is made up of the upper and lower limbs and the pelvic and shoulder girdles?
A. The appendicular skeleton
B. The skull
C. The axial skeleton
D. The spine

16) The patella is an example of a:
A. Long bone
B. Short bone
C. Sesamoid bone
D. Flat bone

Q9 = **B** Q10 = **B** Q11 = **D** Q12 = **C** Q13 = **B** Q14 = **A** Q15 = **A** Q16 = **C**

Your score = / Out of 8

Level 2
Anatomy & Physiology
Revision Mastery Series

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SECTION 3

17) The sternum is an example of which of the following types of bone?
A. Long
B. Irregular
C. Flat
D. Sesamoid

18) A long bone is said to be:
A. Wider than they are long
B. Longer than they are wide
C. The same length and width
D. Irregular in shape

19) Osteoblasts are cells that?
A. Help form bone
B. Build muscle
C. Produce new cartilage
D. Help clear away old bone

20) A neutral spine alignment is said to be the ideal position to?
A. Decrease the rate at which bone is formed
B. Increase the rate at which bone is formed
C. Decrease stress on passive structures of the body, such as the vertebrae and ligaments
D. Increase stress on passive structures of the body, such as the vertebrae and ligaments

21) Which type of joint is the most common?
A. Fibrous
B. Synovial
C. Fused
D. Cartilaginous

22) Which of the following types of movement is possible at a pivot joint?
A. Flexion
B. Abduction
C. Adduction
D. Rotation

23) Which of the following types of movement is possible at the knee joint?
A. Lateral flexion
B. Abduction
C. Adduction
D. Extension

24) Which of the following muscles are involuntary?
A. Digestive tract
B. Biceps
C. Quadriceps
D. Erector spinae

Q17 = **C** Q18 = **B** Q19 = **A** Q20 = **C** Q21 = **B** Q22 = **D** Q23 = **D** Q24 = **A**

Your score = / Out of 8

***TIP: Once you've read the question, DON'T jump straight into the 4 possible answers, take a second to think about what the answer could be - DON'T get sidetracked by the 3 wrong answers!!!**

27% Complete the next 8x L2 Mock Questions Now

SECTION 4

25) If the iliopsoas are contracting concentrically there is?

A. Hip flexion
B. Knee extension
C. Hip extension
D. Knee flexion

26) Which of the following muscles would be the prime mover during knee flexion?

A. Soleus
B. Hamstrings
C. Quadriceps
D. Gluteals

27) Which of the following describe the role of a synergist muscle?

A. A muscle which relaxes to allow movement
B. The main muscle involved in the action
C. The muscle which assists the main muscle in bringing about the action
D. A muscle which contracts statically to fix another body part

28) Slow twitch muscle fibres?

A. Are employed in high intensity activities
B. Use the CP (creatine phosphate) energy system
C. Are employed in low intensity activity
D. Have a poorer blood supply than other muscle fibres

29) The peripheral nervous system consists of all the branches of nerves that lie outside the?

A. Lumbar spine
B. Sacrum
C. Cranium
D. Spinal cord

30) What is a motor unit?

A. A muscle fibre which surrounds a myofibril
B. A sub-component of sensory nerves
C. A motor neuron and all the fibres it innervates
D. A receptor located in the muscle

31) The heart is positioned behind the sternum and:

A. Far right of centre
B. Far left of centre
C. Just left of centre
D. Just right of centre

32) One function of the heart is to:

A. Pump nutrients and oxygen to the body tissues
B. Protect internal organs
C. Pump deoxygenated blood to the body tissues
D. Produce red blood cells

Q25 = **A** Q26 = **B** Q27 = **C** Q28 = **C** Q29 = **D** Q30 = **C** Q31 = **C** Q32 = **A**

Your score = / Out of 8

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SECTION 5

33) What type of muscle is found in the ventricle walls?

A. Voluntary
B. Cardiac
C. Involuntary
D. Striated

34) Where does blood flow to, after leaving the right ventricle?

A. Left atrium
B. Pulmonary artery
C. Pulmonary vein
D. Right atrium

35) Which blood vessel carries oxygenated blood from the lungs to the heart?

A. Pulmonary artery
B. Aorta
C. Vena cava
D. Pulmonary vein

36) What is the largest artery of the body?

A. Carotid artery
B. Radial artery
C. Aorta
D. Arteriole

37) Systole and diastole are terms used to define:

A. Blood pooling
B. Blood pressure
C. Cardiac output
D. Stroke volume

38) Which of the following readings represent an optimal/normal blood pressure?

A. 160/100 mmHg
B. 155/95 mmHg
C. 120/80 mmHg
D. 90/55 mmHg

39) Where are the lungs located?

A. The thoracic cavity
B. The abdominal cavity
C. The pelvic girdle
D. The shoulder girdle

40) One function of the lungs is the:
A. Removal of lactic acid from the muscles
B. Intake of oxygen into the body
C. Intake of carbon dioxide into the body
D. Return of carbon dioxide to the muscles

Q33 = **B** Q34 = **B** Q35 = **D** Q36 = **C** Q37 = **B** Q38 = **C** Q39 = **A** Q40 = **B**

Your score = / Out of 8

*TIP: Once you've read the question... READ IT AGAIN! and try and find the key ACTION words. What is the VERB you are trying to answer for example release, generate or stabilise.

45% Complete the next 8x L2 Mock Questions Now

SECTION 6

41) What blood vessels surround the alveoli?
A. Arterioles
B. Veins
C. Capillaries
D. Venules

42) Which of the following muscles is mainly involved in respiration?
A. The diaphragm
B. The pectorals
C. The pelvic floor
D. The rhomboids

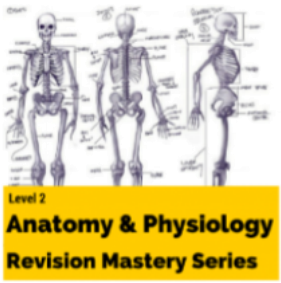
43) During inhalation, air passes through the larynx followed by which structure?
A. The bronchus
B. The bronchioles
C. The trachea
D. The alveoli

44) Gases are exchanged in the lungs by a process called:
A. Osmosis
B. Dilation
C. Capillarisation
D. Diffusion

45) Which structure attaches bone to bone?
A. Ligaments
B. Cartilage
C. Tendons
D. Joints

46) Where is the heart located?
A. Pelvic girdle
B. Abdominal cavity
C. Rib cage
D. Shoulder girdle
47) One function of the heart is to:
A. Pump deoxygenated blood to the lungs
B. Pump deoxygenated blood to the body
C. Produce red blood cells
D. Receive oxygen from the body
48) The lower chambers of the heart are known as the:
A. Vena cava
B. Ventricles
C. Atria
D. Aorta

Q41 = **C** Q42 = **A** Q43 = **C** Q44 = **D** Q45 = **A** Q46 = **C** Q47 = **A** Q48 = **B**
Your score = / Out of 8



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SECTION 7

49) Blood moves from the left atrium to the?
A. Pulmonary vein
B. Left ventricle
C. Right ventricle
D. Aorta

50) Deoxygenated blood is pumped to the lungs from which of the following chambers of the heart?
A. Left atrium
B. Right atrium
C. Left ventricle
D. Right ventricle

51) A function of the pulmonary vein is to transport?
A. Deoxygenated blood away from the heart
B. Deoxygenated blood to the heart
C. Oxygenated blood to the heart
D. Oxygenated blood away from the heart

52) The force that blood applies to the walls of the arteries is referred to as:
A. Blood pooling
B. Blood pressure
C. Venous return
D. Stroke volume

53) The lowest reading that would be used to classify stage 2 hypertension would be:
A. 120/80 mmHg
B. 135/85 mmHg
C. 160/100 mmHg
D. 185/105 mmHg

54) Where are the lungs located?
A. The chest cavity
B. The pelvic cavity
C. In front of the sternum
D. Behind the abdominal cavity

55) Which organ removes carbon dioxide from the body?
A. Heart
B. Lungs
C. Spleen
D. Liver

56) The air sacs in the lungs are also known as the:
A. Capillaries
B. Bronchi
C. Alveoli
D. Bronchiole

Q49 = **B** Q50 = **D** Q51 = **C** Q52 = **B** Q53 = **C** Q54 = **A** Q55 = **B** Q56 = **C**

Your score = / Out of 8

*TIP: DO NOT LINK one exam question to another exam question. There are no trends or tricks questions. This is regulated by the Awarding Bodies and Ofqual.

64% Complete the next 8x L2 Mock Questions Now

SECTION 8

57) During inspiration the diaphragm muscle will:
A. Contract
B. Relax
C. Ascend
D. Flex

58) During inhalation, where does air flow to, after leaving the trachea?
A. Alveoli
B. Capillaries
C. Bronchi
D. Bronchioles

59) Which process occurs between the alveoli and capillaries?
A. Blood pooling
B. Venous return
C. Stroke volume
D. Gaseous exchange

60) Which structure of the skeleton enables the potential for movement?
A. Joints
B. Bones
C. Cartilage
D. Bone marrow

61) Bundles of muscle fibres are wrapped within the:
A. Myofibril
B. Periosteum
C. Perimysium
D. Myofilament

62) What is the name of the thin myofilament in skeletal muscle?
A. Myosin
B. Troponin
C. Actin
D. Elastin

63) Which muscle crosses the anterior hip joint:
A. Gastrocnemius
B. Erector spinae
C. Rectus abdominis
D. Quadriceps

64) Which muscle crosses the posterior knee joint?
A. Tibialis anterior
B. Gastrocnemius
C. Soleus
D. Iliopsoas

Q57 = **A** Q58 = **C** Q59 = **D** Q60 = **A** Q61 = **C** Q62 = **C** Q63 = **D** Q64 = **B**

Your score = / Out of 8

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SECTION 9

65) Which muscles help to prevent stress incontinence?

A. Transversus abdominis
B. Obliques
C. Rectus abdominis
D. Pelvic floor

66) Which muscle is a prime mover during a press up?

A. Pectorals
B. Trapezius
C. Biceps
D. Erector spinae

67) Which muscle is the antagonist if the biceps is the prime mover?

A. Deltoid
B. Triceps
C. Brachialis
D. Rhomboids

68) If the hamstrings contract eccentrically there is:

A. Knee extension
B. Knee flexion
C. Hip abduction
D. Hip adduction

69) Which muscle flexes the spine?

A. Erector spinae
B. Rectus abdominis
C. Rectus femoris
D. Quadratus lumborum

70) What is a characteristic of fast twitch muscle fibres?

A. Poor blood supply
B. Aerobic fibres
C. Red in colour
D. Slower to contract

71) Which fibre type is used predominately during explosive, anaerobic activities?

A. Type 1
B. Red
C. Fast twitch
D. Slow twitch

72) How will ageing affect the joints?

A. Increased mobility
B. Decreased range of motion
C. Thinning of ligaments
D. Increased elasticity

Q65 = **D** Q66 = **A** Q67 = **B** Q68 = **A** Q69 = **B** Q70 = **A** Q71 = **C** Q72 = **B**

Your score = / Out of 8

*TIP: It's easy to revise the modules we already know... if you want to pass you MUST take action of the modules you find tough!

82% Complete the next 8x L2 Mock Questions Now

SECTION 10

73) What is the minimum recommended time to return to exercise after a caesarean delivery?
A. 6 weeks
B. 12 weeks
C. 6 days
D. 12 days

74) Which hormone softens the ligaments during pregnancy?
A. Testosterone
B. Oestrogen
C. Relaxin
D. Adrenaline

75) Fat is burned in the presence of oxygen during?
A. Anaerobic sprint training
B. Heavy resistance training
C. Aerobic endurance training
D. 400 metre racing

76) Which muscle crosses the shoulder joint?
A. Trapezius
B. Rhomboids
C. Abductors
D. Deltoid

77) The pelvic floor muscles:
A. Pass from front to back like a hammock in the pelvis
B. Pass horizontally at the top of the pelvis
C. Pass vertically through the pelvis
D. Pass from the brim of the pelvis to a central tendon

78) Which muscle is antagonist during a calf raise?
A. Gastrocnemius
B. Tibialis anterior
C. Soleus
D. Quadriceps

79) Which muscle is the prime mover during hip extension?
A. Gluteus maximus
B. Psoas major
C. Quadriceps
D. Gastrocnemius

80) Which muscle rotates the spine?
A. Transversus abdominis
B. External obliques
C. Rectus abdominis
D. Rectus femoris

Q73 = **B** Q74 = **C** Q75 = **C** Q76 = **D** Q77 = **A** Q78 = **B** Q79 = **A** Q80 = **B**

Your score = / Out of 8

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SECTION 11

81) Which muscle fibre type is used predominately during long duration, endurance events?
A. Type 1
B. Type 2
C. White twitch
D. Fast twitch

82) A characteristic of fast twitch muscle fibres is?
A. They are used in low intensity activities
B. They have more capillaries
C. They are used in explosive activities
D. They have more mitochondria

83) Which muscle fibre type is slower to contract and slower to fatigue?
A. Type 2
B. Type 1
C. White twitch
D. Fast twitch

84) What is the minimum recommended time to return to exercise after giving birth with a normal delivery?
A. 12 weeks
B. 6 weeks
C. 12 days
D. 6 days

85) Which of the following is recommended to reduce the effects of ageing on the muscular system?
A. Stretching
B. Swimming
C. Resistance training
D. High impact

86) Which energy system uses carbohydrates, fats and proteins in the production of adenosine tri-phosphate (ATP)? The:
A. Lactate system
B. Creatine phosphate system
C. Aerobic system
D. Anaerobic system

87) Which energy system is fastest to engage for an immediate burst of maximal intensity activity?
A. Lactate
B. Glycogen
C. Aerobic
D. Creatine phosphate

88) The aerobic energy system would be used maximally during?
A. A triathlon event
B. A 400 metre sprint
C. A javelin throw
D. A golf swing

Q81 = **A** Q82 = **C** Q83 = **B** Q84 = **B** Q85 = **C** Q86 = **C** Q87 = **D** Q89 = **A**

Your score = / Out of 8

Your score = / Out of 88

How did you get on?

Did you highlight specific areas you need to work on?

Need Help? Contact Hayley @Parallel here

Keep your eyes peeled for day 2 of the Revision Pass Pack.

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✔ **DAY 2 -** ***Module 1 of the relevant Revision Mastery Series***, 50-min deep dive video [straight from the classroom] into a specific topic related to your exam and course manual.

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✔ **DAY 3 -** ***Five Tactics To Dissolve Exam Day Stress and Anxiety.***

Make sure to reach out with any questions and the very best of luck in your Level 2 Anatomy and Physiology exam.

Dedicated to your learning

Hayley and Neale

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LEVEL 2
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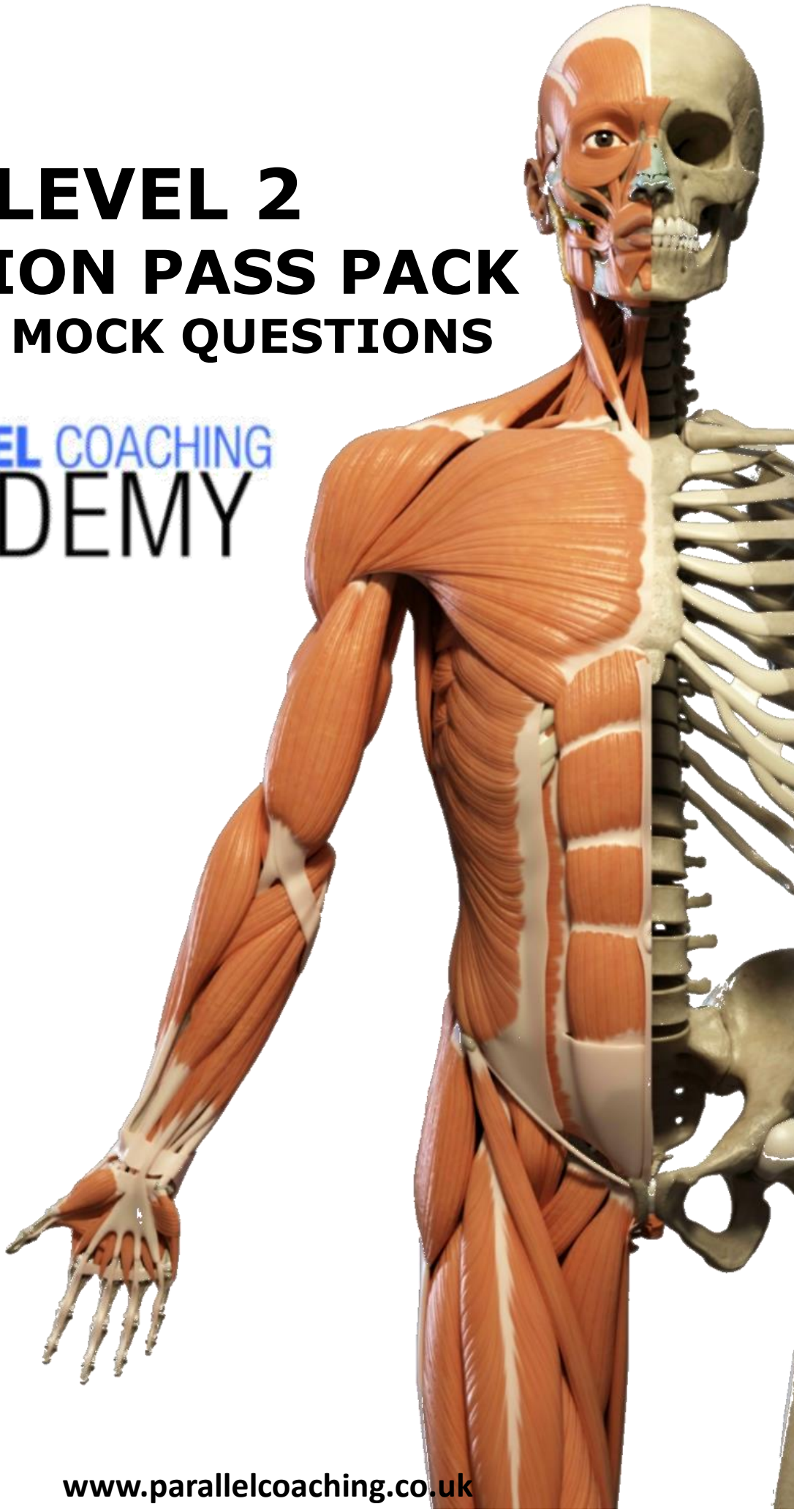

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