



Theory Examination Paper

ITEC

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451 Anatomy and Physiology for Sports Massage		25 Questions Time permitted: 30 minutes	
College	Cotswold Academy - Complementary Health & Sport (X1107)	Language	English
Date of Exam:	01/12/2017	TSR	TSR-3
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Instructions to Candidate

DO NOT TURN THE PAGE UNTIL INSTRUCTED BY THE INVIGILATOR

1. Check that the name of your Centre, examination title, paper code, your own name and your student number is correct on the answer sheet provided. The student number is important as all of your examination records are stored under this reference. The invigilator will have your number on his/her list.
2. Please SIGN your name in the space provided on the answer sheet in order to confirm your identity. Please note that the paper will not be marked if the signature is not provided.
3. Select one correct answer, using a **BLACK PEN, not pencil** to colour in your answer. If you want to change your answer, put a cross clearly over the incorrect choice and initial it. Now colour in your new answer. **One letter only will be marked.**

e.g.

19. ☒ A ☐ B ☐ C ☒ D *MD*
20. ☐ A ☒ B ☐ C ☐ D
21. ☐ A ☐ B ☒ C ☐ D

4. Please ensure you answer ALL questions.

1	Which tissue is found all over the body connecting and supporting other tissues?	
	A Areolar	B Adipose
	C Yellow elastic	D White fibrous
2	What is the function of hyaline cartilage?	
	A To store calcium	B To connect and protect
	C To produce red blood cells	D To transport lymph
3	What is the function of the dermal papilla?	
	A It moisturises the skin	B It controls body temperature
	C It nourishes the follicle	D It maintains the acid mantle
4	What do eccrine glands excrete?	
	A Hormones	B Milky fluid
	C Watery sweat	D Serum
5	How many tarsal bones are there in each foot?	
	A 6	B 7
	C 8	D 9
6	What does the frontal bone form?	
	A The forehead	B The cheek
	C The jaw	D The nose
7	What type of joint is the knee?	
	A Hinge	B Ball and socket
	C Sliding	D Condylod
8	Which of the following is a definition of abduction?	
	A To turn the palm of the hand down to face the floor	B To turn the sole of the foot inwards
	C Movement of the bone towards the midline of the body or limb	D Movement of the bone away from the midline of the body or limb
9	Which of the following types of muscle produce voluntary contractions?	
	A Smooth muscle	B Cardiac muscle
	C Non-striated muscle	D Skeletal muscle
10	What is the action of the gluteus medius?	
	A To adduct the femur	B To abduct and medially rotate the femur
	C To extend the femur	D To laterally rotate the femur
11	How many pairs of spinal nerves are there?	
	A 27	B 30
	C 31	D 33
12	What is the function of an axon?	
	A To act as a chemical messenger allowing an impulse to be transmitted	B To help regenerate nerve cells
	C To send nerve impulses to the cell body	D To send nerve impulses away from the cell body

Questions continue on next page

13	Where is the thyroid gland situated?	
	A In the neck	B In the base of the brain
	C In the chest	D In the eyes
14	What is the function of the glucocorticoid hormones?	
	A To metabolise carbohydrates, fats and proteins	B To metabolise vitamins and minerals
	C To regulate water absorption	D To regulate salts in the body
15	What is the function of a venule?	
	A To carry oxygenated blood from the pulmonary artery to the pulmonary capillaries	B To carry deoxygenated blood from the pulmonary capillaries to the pulmonary veins
	C To carry deoxygenated blood from the tissue capillaries to the veins	D To carry oxygenated blood from the tissue capillaries to the veins
16	What is the name of the muscular wall that separates the right and left side of the heart?	
	A The myocardium	B The endocardium
	C The pericardium	D The septum
17	What is the function of the alveoli?	
	A To exchange gases between the circulatory and respiratory systems	B To prevent friction between the membranes of the lungs
	C To connect the trachea to the lungs	D To create a passageway for air between the pharynx and trachea
18	Which of the following best describes the right lung?	
	A Smaller of the two lungs with three lobes	B Larger of the two lungs with three lobes
	C Larger of the two lungs with two lobes	D Smaller of the two lungs with two lobes
19	What are the functions of lymph nodes?	
	A To filter and destroy harmful micro organisms / toxic materials	B To produce erythrocytes and thrombocytes
	C To enable the exchange of oxygen and carbon dioxide between blood and tissues	D To speed up the transmission of nerve impulses
20	Lymph from the lower limbs drains through which nodes?	
	A Popliteal and inguinal nodes	B Axillary and cervical nodes
	C Submandibular and popliteal nodes	D Inguinal and cervical nodes
21	Saliva contains which enzyme that breaks down carbohydrate (starch)?	
	A Gastrin	B Pepsin
	C Amylase	D Lipase
22	Which of the following is a function of the liver?	
	A To act as a reservoir for bile	B To convert proteins to peptones
	C To store Vitamin A	D To make bile more concentrated by absorbing the water
23	Which of the following processes occurs in the Bowman's capsule?	
	A The collection of waste urine	B Selective reabsorption
	C Filtration	D Excretion
24	Which part of the urinary system connects the medulla to the ureter?	
	A The renal pelvis	B The bladder
	C The urethra	D The nephron
25	How does massage help the skeletal system?	
	A By reducing stiffness and immobility	B By encouraging sebum production
	C By reducing flexibility and range of movement	D By slowing down the release of hormones