

# Exam questions

1. 2. 4

## Multiple-choice questions

1. (a) Which of the following best describes cardiac muscle?
- A Tissue surrounding the bone aiding protection
  - B Controlled voluntarily responding to different stimuli
  - C Involuntary muscle found in the intestines, blood vessels and urinary organs
  - D Involuntary, working automatically and never firing
- (1)

- (b) Which of the following muscles contract to extend the leg at the knee?

- A Quadriceps
  - B Hamstrings
  - C Gastrocnemius
  - D Gluteus maximus
- (1)

- (c) Which antagonistic pair of muscles work to bend the arm at the elbow?

- A Biceps and pectorals
  - B Trapezius and deltoids
  - C Triceps and biceps
  - D Gastrocnemius and hamstrings
- (1)

2. Which of the following describes an action that is linked with isotonic muscular contraction?

- A Dribbling the ball and making a lay up shot
  - B Holding space blocking the pathway of the attacker
  - C Keeping stable in a rugby scrum
  - D Remaining in a handstand for three seconds
- (1)

3. Which of the following does not describe an immediate effect of exercise?

- A Blood shunts to the working muscles
  - B Heart becomes larger and stronger
  - C Muscles contract and relax
  - D Muscles can tire as the ability to use the oxygen becomes less efficient
- (1)

## Short-answer questions

4. When rugby players hold their position in a scrum which type of muscular contraction is being used?
- (1)
5. Which type of muscle fibres are used in long-distance events?
- (1)

## Longer-answer questions

6. Exercising over a long period of time affects the muscles in different ways. Describe three of these long-term effects.
- (3)
7. Describe the cause and effect of a muscle strain.
- (3)