

Level 2 Anatomy and Physiology

88 Mock
Questions
+ *Answers*



www.parallelcoaching.co.uk

Welcome to Parallel Coaching

Thank you for downloading the L2 A&P Mock Questions.

Can I ask you a question? Do you have your L2 A&P exam coming up in the next 4 to 8 weeks?

Maybe you're training to become a L2 Fitness Instructor, Exercise to Music, Aqua or Kids Fitness Instructor?
Either way, I'm guessing,

- ~ *You don't know what to expect in your exam*
- ~ *You're stuck in your revision*
- ~ *eye lids are heavy as you tackle your clunky online learning*
- ~ *Tired of re-reading the same paragraph in the manual and still not getting it*
- ~ *You feel like you don't know enough or can't book your exam yet*
- ~ *Not confident you're going to pass the exam*
- ~ *Overwhelmed by how much there is to learn and where to start?*

Ultimately you WANT MORE guidance, more clarity, and more confidence that you're on the right track. That you can walk into the exam room knowing and not guessing. That all this revising not only gets you TOP MARKS, yet it helps get awesome results with all future clients.

I've been there... *I understand and I want to help.*

So if you're ready and wanting to pass your Level 2 Anatomy & Physiology exam confidently with TOP MARKS, then our emails have the ability to change the game for you, in fact, I'll go **OUT OF MY WAY** to **GIVE YOU** all the support and guidance you want and need.

Next please *make sure you mark my emails as safe, don't let them land in your SPAM folder, promise me?*

I'm going to email you every damn day from now on and I promise they won't be boring - They'll make you laugh.... They might even make you cry. They'll also help you STEP UP and tackle your fitness exams with serious clarity and confidence.

Over the next 7 days I'll be emailing daily with more level 2 anatomy and physiology revision tips so you can

- *Ditch any revision overwhelm*
- *Stop replying on your course manual*
- *Slice your revision time in half*
- **and give you the opportunity to join the L2 A&P Revision Mastery bootcamp PLUS GET 7 EXCLUSIVE BONUSES in the next 7 days ONLY.**

If you have any questions about your studies, even if you're with another training provider please do reach out. We're here to help you pass first or next time with confidence and TOP MARKS

Dedicated to more

Hayley 'Parallel Coaching' Bergman

Student Support

07513 735 700

info@parallel-coaching.com

www.parallelcoaching.co.uk



How To Use Your 88 L2 A&P Mock Questions

The following **88 Level 2 Anatomy & Physiology mock questions** are mapped to: *Active IQ, YMCA, CYQ, Focus Awards, Transcend Awards, VTCT, Future Fit and NASM.*

It's likely you'll have 50 Multiple Choice questions in 90 minutes for your real exam, you need 70% to pass. 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. These mock questions reflect this random order so you can practice the structure and style of exam questions accurately.

After every 8th question you can check your answers so you can track your progress. Questions will be asked from the following 8 modules:

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:

[NOTE: After every 8th question you can check your answers so you can track your progress.

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

ANSWERS:

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

Score for Section 1 = /8

**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:

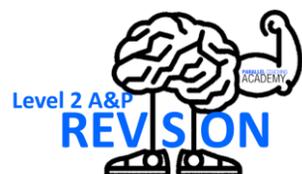
- A. Rectus abdominis
- B. Intercostals
- C. Pectorals
- D. Obliques

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 limb 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

ANSWERS:

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

Score for Section 2 = /8

SECTION 3

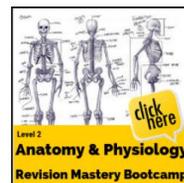
17) The sternum is an example of which of the following types of bone?

- A. Long
- B. Irregular
- C. Flat
- D. Sesamoid

18) A long bone is said to be:

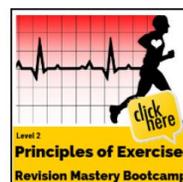
- A. Wider than they are long
- B. Longer than they are wide
- C. The same length and width
- D. Irregular in shape

Level 2 Anatomy & Physiology



Learn more →

Level 2 Principles Of Exercise



Learn more →

Level 2 Muscle Memory Flashcards



Learn more →

Level 2 Premium Revision Bundle

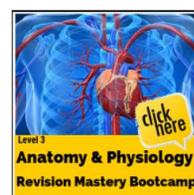
BEST VALUE



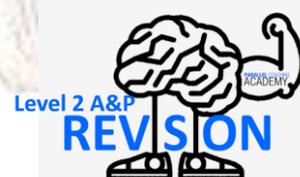
L2 A&P Revision Mastery
L2 Principles Revision Mastery
L2 Muscle Memory Flashcards

Learn more →

Level 3 Anatomy & Physiology



Learn more →



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

ANSWERS:

Q17 = C Q18 = B Q19 = A Q20 = C

Q21 = B Q22 = D Q23 = D Q24 = A

Score for Section 3 = /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

Level 2 A&P

REVISION



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

Check Your Answers Below:

ANSWERS for section 4:

Q25 = A Q26 = B Q27 = C Q28 = C

Q29 = D Q30 = C Q31 = C Q32 = A

Score for Section 4 = /8

36% Complete the next 8x L2 Mock Questions Now

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

ANSWERS:

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

Score for Section 5 = /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?

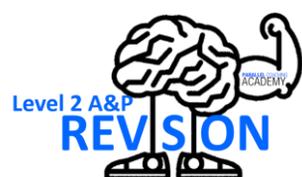
- A. The diaphragm
- B. The pectorals
- C. The pelvic floor
- D. The rhomboids

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:

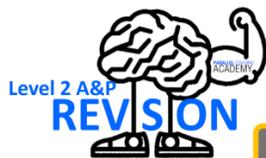
- A. Osmosis
- B. Dilation
- C. Capillarisation
- D. Diffusion



A Quick And Easy Way To Pass Your L2 A&P Exam With Confidence ... Even If You Find Learning Tough And Can't Seem To Remember Anything!

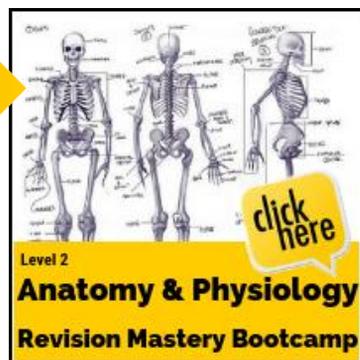
"EVERYTHING You Need To Learn, Revise And Pass Your Level 2 Anatomy & Physiology Exam"

(Without Having To Spend Hours Revising Or Feeling Overwhelmed)



OVER 4,000 REVISION BOOTCAMPS SOLD

GET THE L2 A&P REVISION MASTERY BOOTCAMP [HERE](#)



The Level 2 Revision Mastery Bootcamp:

- ➔ Helps you pass your exam, or your resit, with CONFIDENCE
- ➔ Gives direction of where to start, so you can crush overwhelm and be certain that you have revised the correct content
- ➔ Simplifies even the most complex topics, and makes it easy to find time to study
- ➔ Teaches you PROVEN exam strategies that break down all tough questions, allowing you to walk out of the exam knowing you ace'd it!
- ➔ And So Much More...

"Gain an unfair advantage against other fitness professionals"

And best of all... you'll start seeing results with "Level 2 Anatomy & Physiology Revision Mastery Bootcamp" Instantly and you'll get lifetime access.

So again, if you're a trainee fitness professional who wants to pass their level 2 anatomy exam with confidence, understand this,

You need a quick way to structure your revision, and the revision mastery bootcamp is the only way to break down the entire course content.

The L2 A&P Revision Mastery Bootcamp is **usually £147**

As you downloaded the 48 mock questions you get the bootcamp **PLUS 7 BONUSSES for £39.99 - Offer Ends in 7 days**

[Start Now](#) ➔



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

ANSWERS:

Q41 = C Q42 = A Q43 = C Q44 = D Q45 = A Q46 = C Q47 = A Q48 = B

Score for Section 6 = /8

55% Complete the next 8x L2 Mock Questions Now

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

ANSWERS:

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

Score for Section 7 = /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?

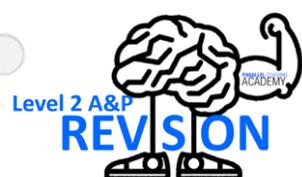
- A. Tibialis anterior
- B. Gastrocnemius
- C. Soleus
- D. Iliopsoas

ANSWERS:

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

Score for Section 8 = /8

73% Complete the next 8x L2 Mock Questions Now



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?

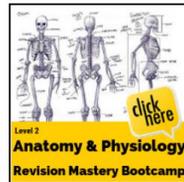
- A. Type 1
- B. Red
- C. Fast twitch
- D. Slow twitch

72) How will ageing affect the joints?

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

Check Your Answers Below:

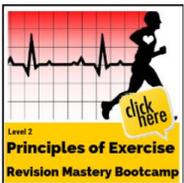
Level 2 Anatomy & Physiology



Level 2
Anatomy & Physiology
Revision Mastery Bootcamp

[Learn more →](#)

Level 2 Principles Of Exercise



Level 2
Principles of Exercise
Revision Mastery Bootcamp

[Learn more →](#)

Level 2 Muscle Memory Flashcards

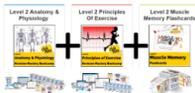


Level 2
Muscle Memory
Flashcards

[Learn more →](#)

Level 2 Premium Revision Bundle

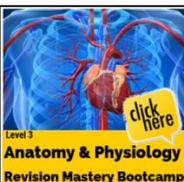
BEST VALUE



L2 A&P Revision Mastery
L2 Principles Revision Mastery
L2 Muscle Memory Flashcards

[Learn more →](#)

Level 3 Anatomy & Physiology



Level 3
Anatomy & Physiology
Revision Mastery Bootcamp

[Learn more →](#)



Level 2 A&P
REVISION

ANSWERS for section 9:

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

Score for Section 9 = /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

ANSWERS:

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

Score for Section 10 = /8

91% Complete the next 8x L2 Mock Questions Now

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 triphosphate (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

Score for Section 11 = /8

What was your final score out of 88 mock questions? /88

You need 70% to pass in your final exam... 70% of 88 is 62 correct answer

YOUR NEXT STEP FROM HERE:

Step 1. Review your answers and recognise any trends in the questions you got wrong?

Step 2. Focus your revision towards the modules that you got wrong using step 1.

Step 3. There is an invitation below for you...



Here's Your Initiation:

Tomorrow I open up the doors to the **Level 2 A&P Revision Mastery Bootcamp** – however, as you've downloaded and used these mock question here's your invitation to enrol 24 hours earlier than anyone else.

Here's the link to learn more:

[Learn more →](#)

Over the next 7 days I'll be emailing daily with more level 2 A&P revision tips so you can

- Ditch any revision overwhelm
- Stop relying on your course manual
- Slice your revision time in half
- and **give you the opportunity to join the Level 2 Anatomy & Physiology Revision Mastery bootcamp PLUS GET 7 EXCLUSIVE BONUSES** in the next 7 days ONLY.

If you have any questions about your studies, even if you're with another training provider please do reach out.

We're here to help you pass first or next time with confidence and **TOP MARKS**

Dedicated to more

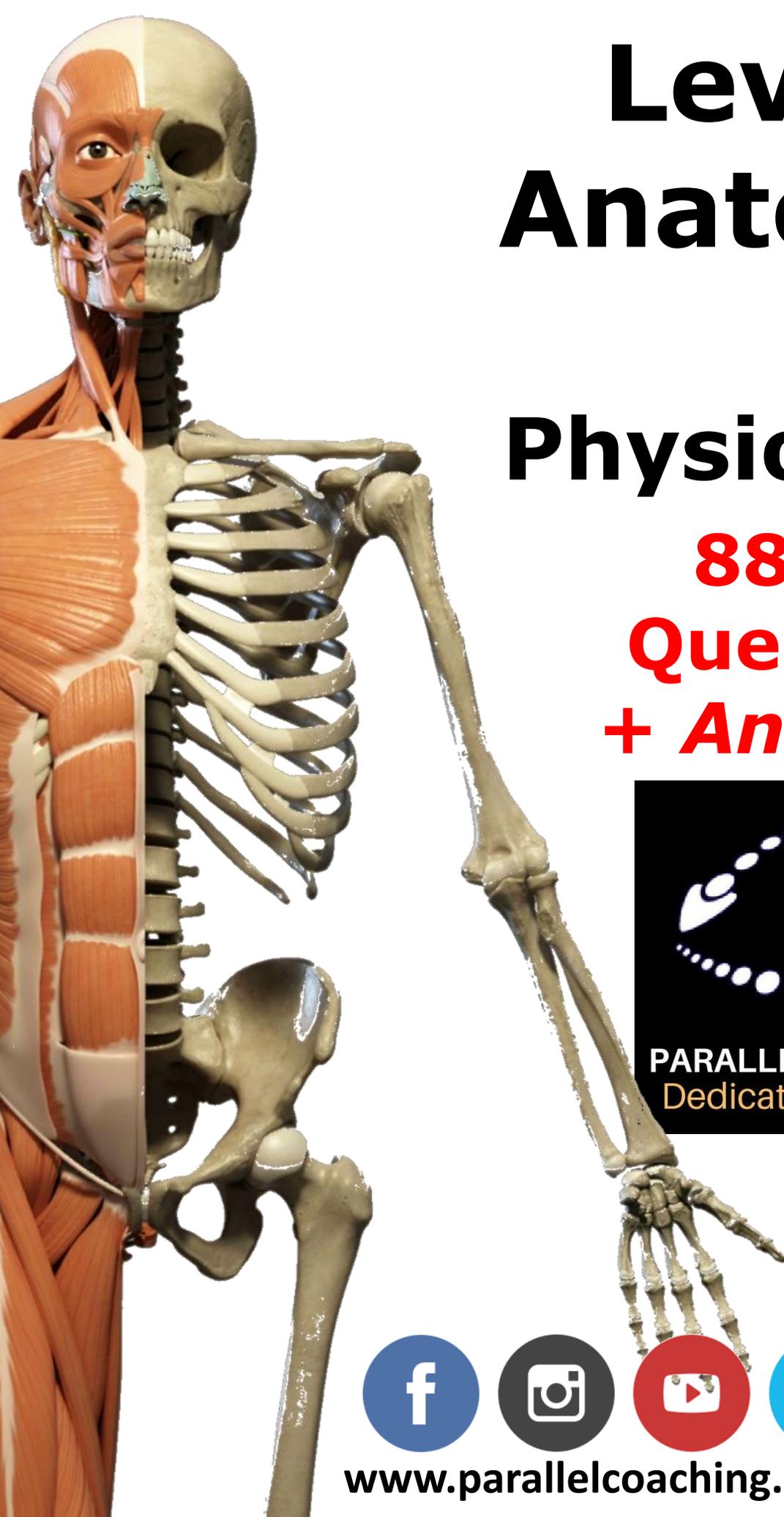
Hayley and Neale

www.parallelcoaching.co.uk

07513 735 700

info@parallel-coaching.com





Level 2 Anatomy and Physiology

**88 Mock
Questions
+ *Answers***



www.parallelcoaching.co.uk

SAY

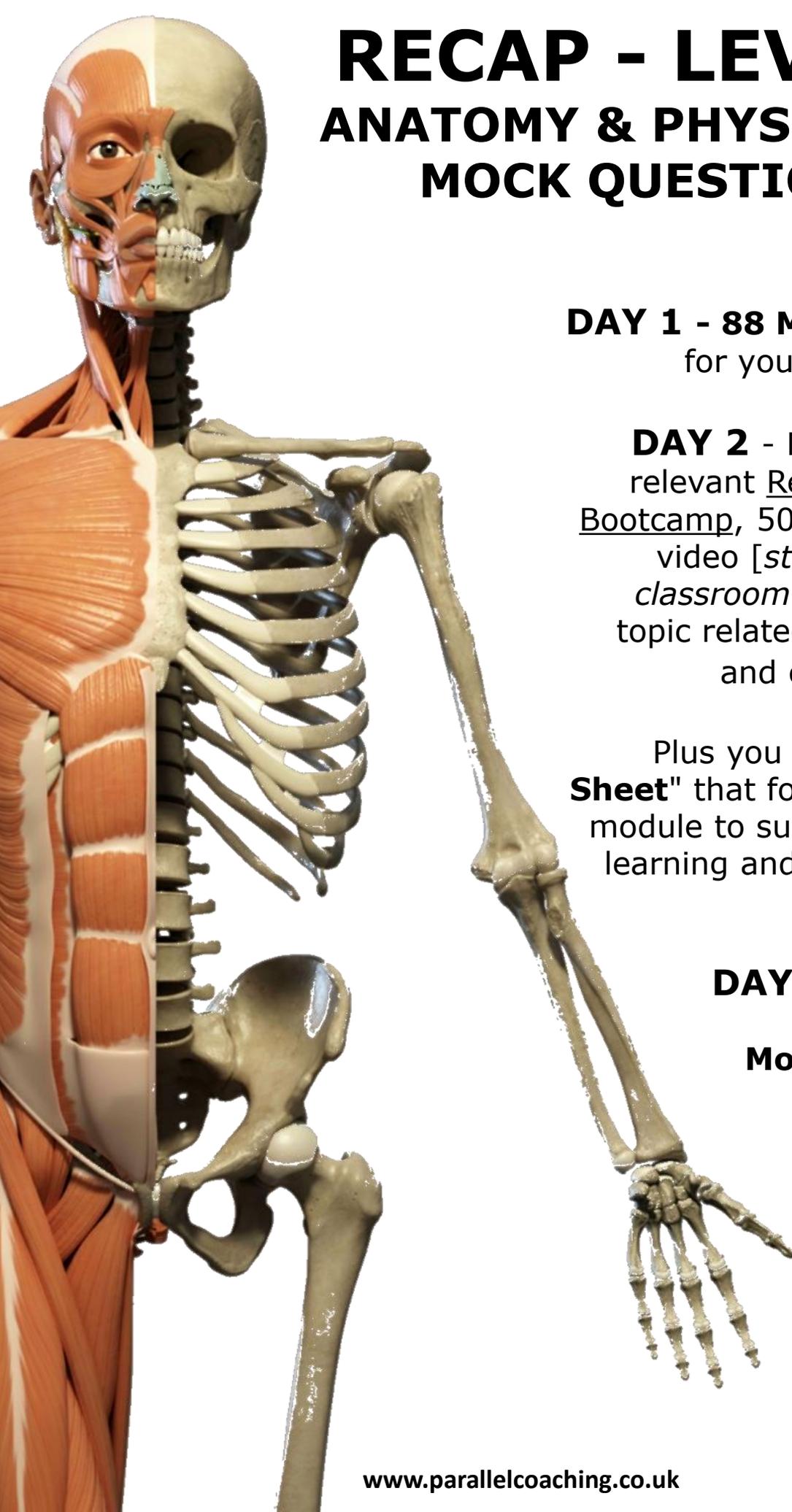
WHAT?

24 MORE LEVEL 2 Anatomy & Physiology Mock Questions



www.parallelcoaching.co.uk





RECAP - LEVEL 2 ANATOMY & PHYSIOLOGY MOCK QUESTIONS

DAY 1 - 88 Mock Questions
for your specific exam

DAY 2 - Module 1 of the relevant Revision Mastery Bootcamp, 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 - 24 MORE
L2 A&P
Mock Questions.**

The following 24 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 . Questions will be asked rom the following 8 modules:

Module 1: Heart and Circulatory

Module 2: Respiratory System

Module 3: Skeletal Structure & Function

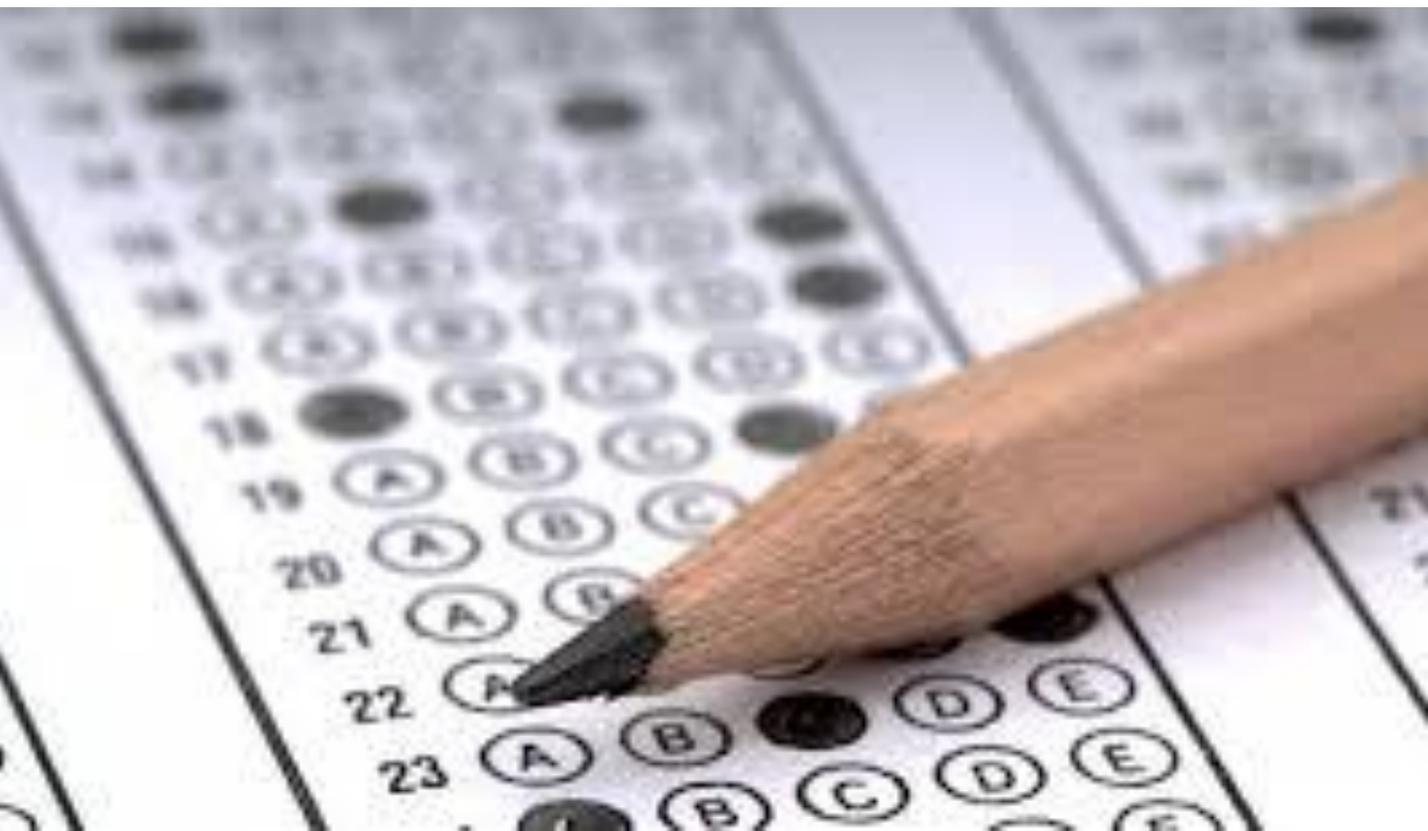
Module 4: Joints & Joint Actions

Module 5: The Muscular System

Module 6: The Musculoskeletal System For Special Populations

Module 7: Energy Systems

Module 8: The Nervous System



SECTION 1

Q1: Through which major blood vessel does the left ventricle pump blood?

- a. Aorta
- b. Vena cava
- c. Pulmonary vein
- d. Pulmonary artery

Q2: During pulmonary circulation the

- a. left ventricle pumps de-oxygenated blood via an artery to the lungs
- b. left ventricle pumps oxygenated blood via an artery to the lungs
- c. right ventricle pumps de-oxygenated blood via an artery to the lungs
- d. right ventricle pumps oxygenated blood via an artery to the lungs

Q3: What is the approximate percentage of oxygen in exhaled air?

- a. 4
- b. 12
- c. 16
- d. 21

Q4: Which of the following bones protect(s) internal organs?

- a. Ribs
- b. Calcaneus
- c. Tarsals
- d. Fibula

Q5: Which of the following is part of the appendicular skeleton?

- a. Cranium
- b. Cervical vertebra
- c. Sacrum
- d. Radius

Q6: Which part of a long bone is the diaphysis?

- a. The end
- b. The central canal
- c. The shaft
- d. The outer membrane

Q7: Which of the following is an example of a ball and socket joint?

- a. Wrist
- b. Knee
- c. Ankle
- d. Shoulder

Q8: Which type of muscle tissue is found in the digestive system?

- a. Skeletal
- b. Smooth
- c. Cardiac
- d. Striated

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

***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.**



SECTION 2

Q9: Which of the following is an anterior skeletal muscle/muscle group?

- a. Rhomboid
- b. Trapezius
- c. Triceps
- d. Iliopsoas

Q10: Which of the following statements about type I muscle fibres is true?

- a. They are white in colour
- b. They are slower to fatigue than type II
- c. They have few mitochondria
- d. They utilise the anaerobic energy system

Q11: Which of the following activities would use the ATP-PC system as its primary source of energy?

- a. 500 metre row
- b. 50 metre sprint
- c. 5-mile jog
- d. Marathon

Q12: The role of motor neurons is to transmit nerve impulses

- a. to the brain to stimulate information processing
- b. from the senses to the central nervous system
- c. to muscles to bring about movement
- d. from pain receptors to muscles

Q13: Regular aerobic exercise can improve motor fitness by

- a. increasing the proportion of type II muscle fibres
- b. improving the ability to store glycogen and fat as fuels for exercise
- c. reducing synchronous recruitment of motor units
- d. enhancing the growth of new connections within the nervous system

Q14: The 'all or none law' states that

- a. the strength of muscle fibre contraction depends on the size of the stimulus
- b. a muscle fibre either contracts maximally or not at all
- c. for a muscle to contract, its opposing muscle must relax
- d. a strong muscle contraction is needed for coordinated movement to occur

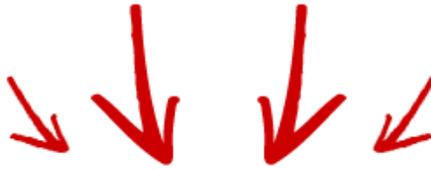
Q15. During gaseous exchange in the lungs, where does carbon dioxide in the capillaries diffuse into?

- a. Alveoli
- b. Bronchioles
- c. Pulmonary vein
- c. Pulmonary artery

Q16. Which of the following joints can laterally flex?

- a. The knee
- b. The spine
- c. The pelvis
- d. The shoulder girdle

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

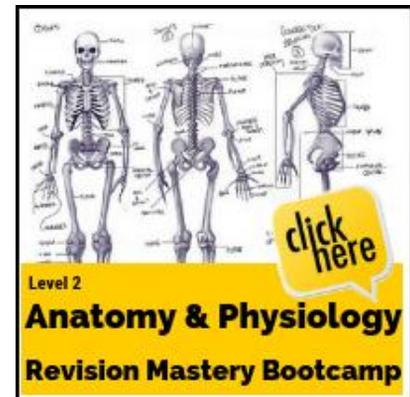


ATTENTION: For Those Who Are Serious About Passing Their Level 3 A&P Exam...



“EVERYTHING You Need To Learn, Revise And Pass Your Level 2 Anatomy & Physiology Exam”

(Without Having To Spend Hours Revising Or Relying On Your Course Manual)



The Level 2 Revision Mastery Bootcamp:

- ➔ Helps you pass your exam, or your resit, with **CONFIDENCE**
- ➔ Gives direction of where to start, so you can crush overwhelm and be certain that you have revised the correct content
- ➔ Simplifies even the most complex topics, and makes it easy to find time to study
- ➔ Teaches you **PROVEN** exam strategies that break down all tough questions, allowing you to walk out of the exam knowing you ace'd it!
- ➔ And So Much More... **TOTAL VALUE: £299**

SAVE 85% NOW On the Level 2

Anatomy & Physiology Revision Mastery Bootcamp

& sign up for £39.99

YES! I Want To Sign Up ➔

SECTION 3

Q17. Which muscle is the agonist that contracts concentrically during knee extension?

- a. Quadriceps
- b. Soleus
- c. Hamstrings
- d. Gluteus maximus

Q18. Which muscle is the agonist that contracts concentrically during knee extension?

- a. Quadriceps
- b. Soleus
- c. Hamstrings
- d. Gluteus maximus

Q19. Which body system has peripheral and autonomic sub-systems?

- a. The nervous system
- b. The digestive system
- c. The endocrine system
- d. The circulatory system

Q20. Which type of synovial joint allows circumduction?

- a. Hinge
- b. Gliding
- c. Pivot
- d. Ball and socket

Q21. When a muscle contracts without changing length it is undergoing which type of contraction?

- a. Eccentric
- b. Concentric
- c. Isometric
- d. Isotonic

Q22. How many curves are there in a healthy adult spine?

- a. Two
- b. Three
- c. Four
- d. Five

***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!**



Q23. Which of the following forms part of the appendicular skeleton?

- a. Scapula
- b. Ribs
- c. Cranium
- d. Sacrum

Q24. Which of the following forms part of the systemic circulatory system?

- a. Pulmonary vein
- b. Left ventricle
- c. Pulmonary artery
- d. Right ventricle

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

24 OUT OF _____

Use the mock questions to recognise which areas you struggle most on

Review your answer, analyse the questions and pick out any trends of the modules that need more revision!

**DO NOT RELY ON MOCK
QUESTIONS AS YOUR ONLY REVISION**

**THEY HELP TEST YOUR KNOWLEDGE YET THEY
DON'T TEACH YOU AND WILL NOT APPEAR
IN YOUR FINAL EXAM 😊**

www.parallelcoaching.co.uk

Keep your eyes peeled as we'll be sending out more revision questions and resources over the coming days – make sure to mark our email as safe so they land in your inbox and NOT YOUR SPAM folder.

This lands in your email inbox tomorrow!

If you have any questions about your studies, even if you're with another training provider please do reach out – hundreds of learners use our support even though they are qualifying elsewhere!

Dedicated to more

Hayley and Neale

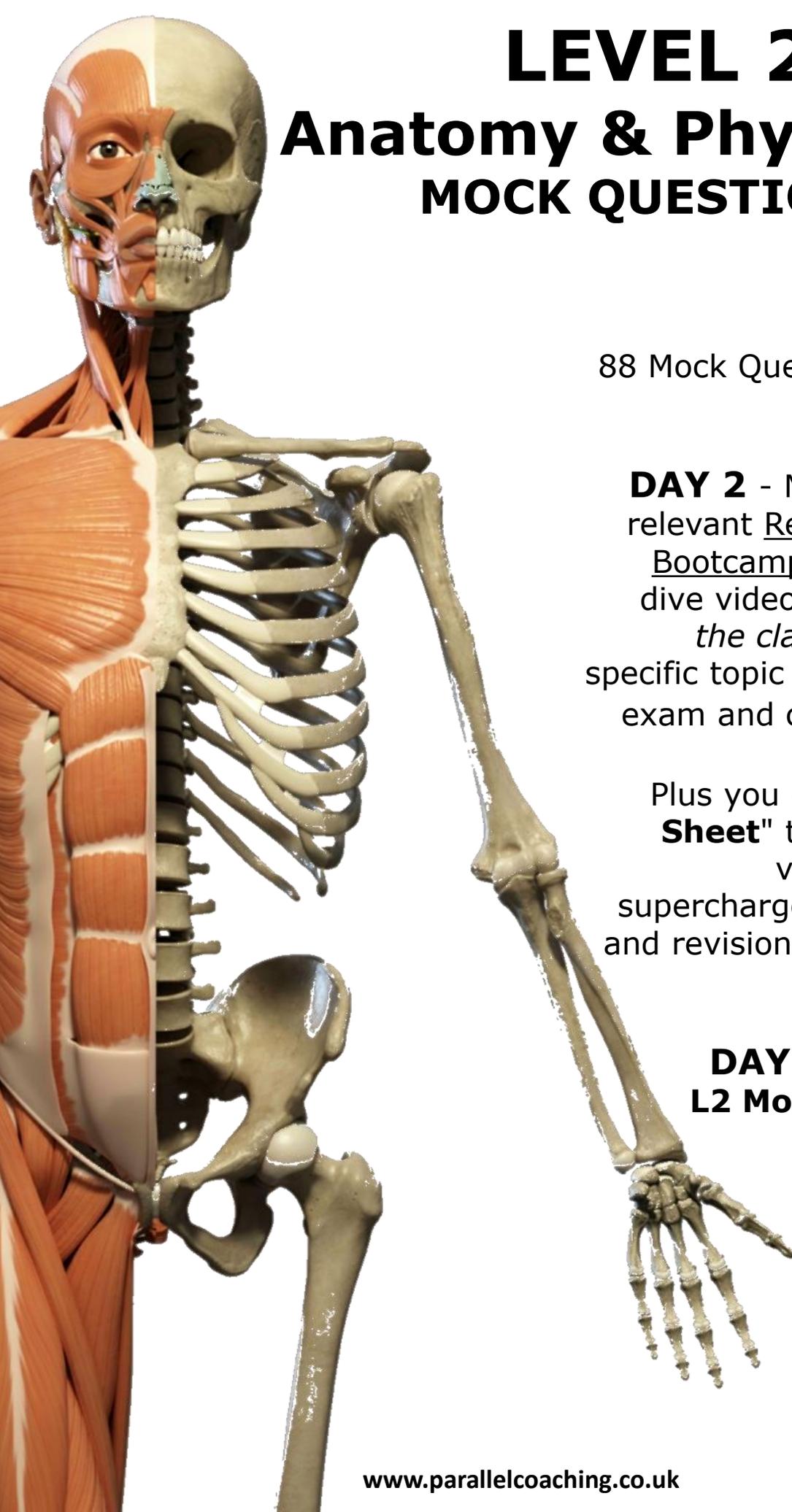
www.parallelcoaching.co.uk

07513 735 700

info@parallel-coaching.com

PARALLEL COACHING
ACADEMY





LEVEL 2

Anatomy & Physiology

MOCK QUESTIONS

DAY 1

88 Mock Questions for your specific exam

DAY 2 - Module 1 of the relevant Revision Mastery Bootcamp, 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 - 24 MORE L2 Mock Questions.