Principles of Exercise Fitness and Health

Level 2

A/600/9017

Mock Paper

There are 20 questions within this paper

To achieve a pass you will need to score 14 out of 20 marks

All questions are multiple choice and there is only one correct answer

Please use a pen to mark the answer sheet provided
You may use blank sheets of paper if required
Please DO NOT write on this paper

To mark your answer, place a cross in your chosen box on the answer sheet
If you make a mistake, shade in the incorrect box completely and re-mark your new answer with a cross

Time Allowed - 60 minutes
For each of the following questions choose one correct answer from A to D

Q1. A respiratory adaptation to aerobic endurance training is:
   A Reduced cardiac output
   B Reduced stroke volume
   C Increased gaseous exchange
   D Increased lung size

Q2. A long term effect of cardiovascular training would be:
   A Increased blood pooling
   B Increased resting heart rate
   C Decreased mitochondria
   D Decreased blood pressure

Q3. Venous return is assisted by:
   A Muscle contraction in the lower limbs
   B Muscle relaxation in the lower limbs
   C Increased blood pressure
   D Decreased blood pressure

Q4. Weight-bearing exercise is essential to reduce the risk of:
   A Osteoporosis
   B Depression
   C Type 1 diabetes
   D Osteoarthritis

Q5. Delayed onset muscle soreness is typically experienced at what time frame after exercise?
   A Within 5 hours
   B Between 6-11 hours
   C Between 12-72 hours
   D After 75 hours
For each of the following questions choose one correct answer from A to D

Q6. Stretching the upper trapezius and strengthening the rhomboids will help to improve:
   A  Lordosis
   B  Flat back
   C  Scoliosis
   D  Kyphosis

Q7. Having full potential range of motion around a joint defines which component of health-related fitness?
   A  Flexibility
   B  Strength
   C  Balance
   D  Agility

Q8. Power is a combination of strength and which other skill-related component of fitness?
   A  Speed
   B  Agility
   C  Endurance
   D  Reaction time

Q9. Ectomorphs are well suited to which type of physical activity?
   A  Heavy weight training
   B  Long distance running
   C  The shot put
   D  Sprinting

Q10. The phrase ‘use it or lose it’ would describe which training principle?
    A  Overload
    B  Individuality
    C  Specificity
    D  Reversibility
For each of the following questions choose one correct answer from A to D

Q11. Specificity of training refers primarily to the:
A Frequency  
B Intensity  
C Time  
D Type

Q12. The recommended target heart rate (THR) intensity when training for general cardiovascular fitness is from 60% of maximum heart rate (MHR) to:
A 90% MHR  
B 80% MHR  
C 75% MHR  
D 65% MHR

Q13. An indicator that training may need to be regressed would be:
A Improved agility  
B Reduced blood pressure  
C Reduced performance  
D Improved balance

Q14. Which of the following exercises would be most appropriate immediately post birth?
A Sit ups  
B Pelvic floor exercises  
C Crunches  
D Oblique cross-overs

Q15. The anaerobic capacity for boys and girls is not fully developed until the age of:
A 10  
B 14  
C 16  
D 20
For each of the following questions choose one correct answer from A to D

Q16. Multiple Sclerosis is classified as what sort of physical disability?
A Adaptive
B Progressive
C Accelerative
D Regressive

Q17. The greatest advantage of using the talk test to monitor intensity would be that it:
A Correlates with heart rate
B Correlates with blood pressure
C Is an accurate measure
D Is quick and easy to use

Q18. Regular physical activity may reduce the risk of:
A Muscle injury
B Joint wear and tear
C Atherosclerosis
D Rheumatoid arthritis

Q19. The Eatwell plate guidance recommends that salt intake should be limited to how many grams a day?
A 2
B 4
C 6
D 8

Q20. Which of the following is the primary role of protein?
A To help the body to use fat soluble vitamins
B To provide insulation under the skin
C To grow and repair human tissue
D To assist digestion and hydration