NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Assessment Task – TOPIC TEST – MARKING KEY

Physical Education Studies – General Year 11

Test 1 – Units 2 & 3

**Assessment type**:Response

**Conditions**: time for the task: 55 minutes

**Task weighting**: 25% of the school mark for this task

Physical Education Studies

Unit 2 – Functional Anatomy

Question 1 - (4 marks)

Question 2 - (4 marks)

Question 3 - (3 marks)

Question 4 - (3 marks)

Question 5 - (4 marks)

Question 6 - (6 marks)

Question 7 - (4 marks)

Question 8 - (4 marks)

Question 9 - (6 marks)

Unit 3 – Exercise Physiology

Question 10 - (6 marks)

Question 11 - (6 marks)

**Total /50 marks \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Unit 2 – Functional Anatomy

**Question 1**

The 4 types of bones are **Long, Short, Flat and Irregular**.

Give an example of each (using the correct anatomical name)

Short Bone: Carpals, tarsals

Long Bone: Upper/lower limb bones, phalanges,

Flat Bone: Cranium, sternum, scapulae

Irregular Bone: Vertebrae, facial bones

(4 marks)

**Question 2**

List 4 functions of the Skeletal System

Any 4 from: Support posture, protect vital organs, production of movement, storage of minerals, RBC production

(4 marks)

**Question 3**

Identify the name of each anatomical plane described below.

1. the plane that divides the body into left and right sections

Sagittal

1. the plane that divides the body into top and bottom sections

Transverse

1. the plane that divides the body into front and back sections

Frontal

(3 marks)

**Question 4**

Identify the plane of movement each of the following sporting movements would occur in.

1. Chest Pass

Sagittal

1. Cartwheel

Frontal

1. Pirouette

Transverse (3 marks)

**Question 5**

Choose a PAIR of **body movement descriptors**. Explain each one, using a part of the body as an example.

Body Movement 1:

Flex/Extend; Abduct/Adduct; Int/Ext rotation; Inversion/Eversion; Pronate/Supinate; Dorsiflex/Platarflex

Body Movement 2:

1x mark for accurate explanation of the movement type. Ie. Flexion is the reduction of a joint angle.

1x mark for correct joint Eg. At the elbow

X2 for each opposing movement.

(4 marks)

**Question 6**

Circumduction is a combination of two pairs of body movement descriptors. Identify the two pairs of movement descriptors that combine to produce circumduction, and provide two examples in the body where this could occur.

Body Movement Pair 1:

Flexion & Extension – 2marks

Body Movement Pair 2:

Abduction & Adduction – 2 marks

Example 1:

Wrist, shoulder, hip, carpo/tarso-phalangeal joint – 1 mark

Example 2:

1 mark

(6 marks)

**Question 7**

Identify the following muscles of the human body:

1. A long muscle which has two heads and can be found on the upper part of the lower limb, on the posterior side of the body: Hamstring/ biceps femoris
2. A short muscle that has 3 major parts and is responsible for flexion, extension, abduction, circumduction and rotation of the upper limb: Deltoiad
3. A large, diamond shaped muscle that extends from the base of the skull, out to both shoulders and down to the lower portion of the back: Trapezius
4. A 3-headed muscle that extends the elbow and extends the shoulder: Triceps

(4 marks)

**Question 8**

There are five (5) major structures of the Circulatory System. Identify two (2) structures, and describe the function of each.

Structure 1: Heart, veins, arteries, capillaries, blood.

Function: Correct function – 1 mark

Structure 2: Heart, veins, arteries, capillaries, blood.

Function: Correct function – 1 mark

(4 marks)

**Question 9**

Explain using diagrams, the processes of inhalation and exhalation

Diagrams – 4 marks – 2 marks inhalation & 2 marks exhalation

Explanation – 2 marks – must reflect what the diagrams show!

Inhalation: diaphragm flattens, rib cage up & out, high volume low pressure, air moves in. 1 mark.

Exhalation: opposite to above. 1 mark.

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(6 marks)

Unit 3 – Exercise Physiology

**Question 10**

With reference to the Respiratory System, explain two (2) immediate effects physical exertion/exercise has on the normal functioning of that system.

Identify – 1 mark

Explain – 2 marks – must explain **how** it changes and **why** it changes.

(6 marks)

**Question 11**

With reference to the Circulatory System, explain two (2) immediate effects physical exertion/exercise has on the normal functioning of that system.

Identify – 1 mark

Explain – 2 marks – must explain **how** it changes and **why** it changes.

(6 marks)