

Level 2 Cambridge Technical in Sport and Physical Activity

Unit 1: Physical activity, health & wellbeing

Sample Assessment Material

Date – Morning/Afternoon

Time Allowed: 45 minutes

This test is a computer based test and will be completed using Surpass on OCR Secure Assess portal.

This SAM illustrates the styles and types of questions that make up this test, along with its associated mark scheme.

A practice test will be available on the OCR Secure Assess portal.

There will not be a paper test available for this qualification.

First name										
Last name										
Centre number										
Candidate number										

INFORMATION FOR CANDIDATES

- The total mark for this paper is **40**.
- The marks for each question are shown in brackets [].

Answer **all** the questions. Put a tick (✓) in the box next to the **one** correct answer for each question.

Fig. 1 shows an image of the shoulder.

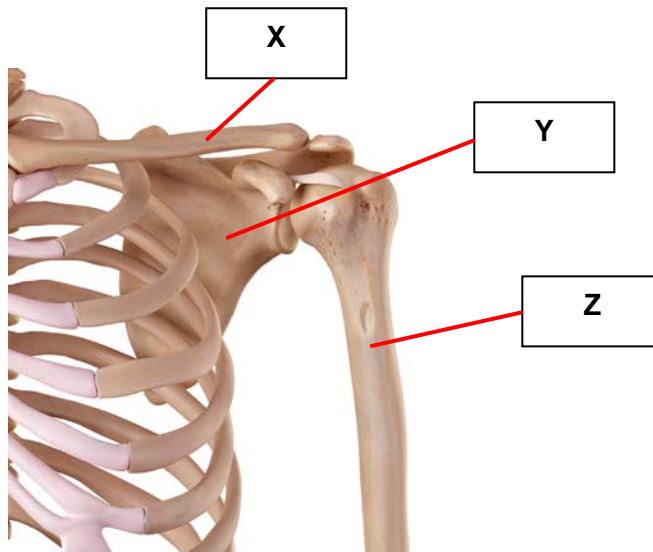


Fig. 1

1. On Fig. 1 the bone labelled X is the:

- (a) Patella
- (b) Ulna
- (c) Clavicle
- (d) Radius

[1]

2. On Fig. 1 the bone labelled Y is the:

- (a) Humerus
- (b) Sternum
- (c) Fibula
- (d) Scapula

[1]

3. On Fig. 1 the bone labelled Z is the:

- (a) Radius
- (b) Humerus
- (c) Ulna
- (d) Scapula

[1]

4. The shoulder joint is an example of a:

- (a) Ball and socket joint
- (b) Hinge joint
- (c) Pivot joint
- (d) Condyloid joint

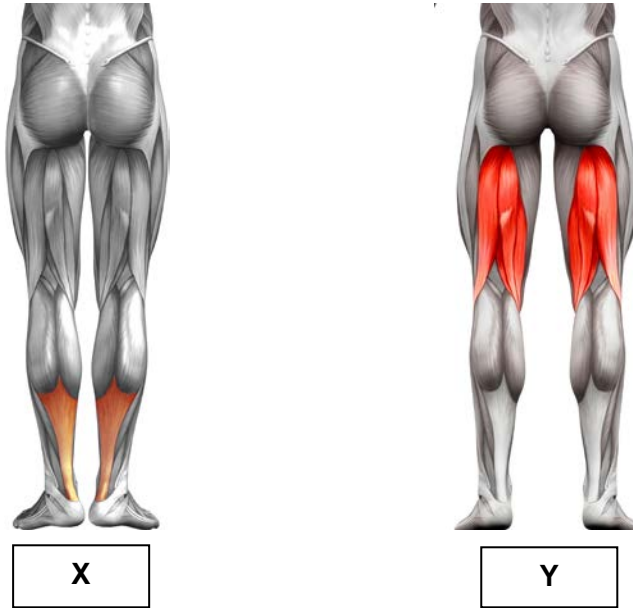
[1]

5. The main function of the ribs is to provide:

- (a) Movement
- (b) Protection
- (c) Stability
- (d) Support

[1]

Fig. 2 shows two different images of muscle in the legs.



6. In image X in Fig. 2 the highlighted muscle is the:

- (a) Deltoids
- (b) Abdominals
- (c) Soleus
- (d) Hamstrings

[1]

7. In image Y in Fig. 2 the highlighted muscle is the:

- (a) Gluteus maximus
- (b) Quadriceps
- (c) Trapezius
- (d) Hamstrings

[1]

8. The tibia is found in the:

- (a) Leg
- (b) Arm
- (c) Hand
- (d) Back

[1]

9. Which one of the following is found in the feet?

- (a) Carpals
- (b) Metacarpals
- (c) Tarsals
- (d) Vertebrae

[1]

10. Which one of the following is **not** found in the leg?

- (a) Femur
- (b) Fibula
- (c) Patella
- (d) Ulna

[1]

11. Which one of the following is **not** a hinge joint?

- (a) Thumb
- (b) Ankle
- (c) Elbow
- (d) Knee

[1]

12. Which one of the following is a gliding joint?

- (a) Hip
- (b) Vertebrae
- (c) Wrist
- (d) Knee

[1]

Fig. 3 shows the structure of the knee joint.

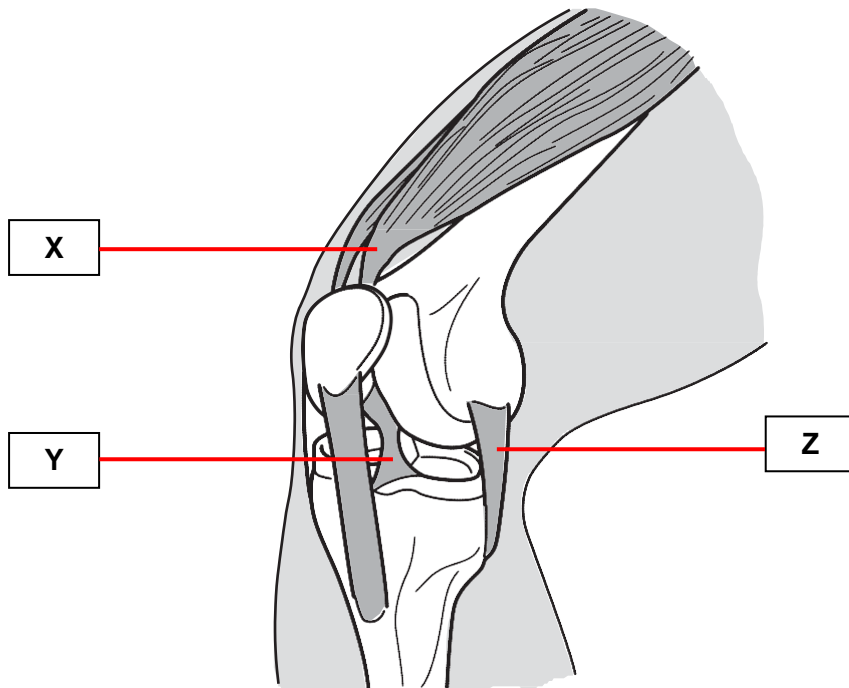


Fig. 3

13. The part of the knee joint labelled X on Fig. 3 is a:

- (a) Bone
- (b) Ligament
- (c) Tendon
- (d) Muscle

[1]

14. The part of the knee labelled Y on Fig. 3 is a:

- (a) Bone
- (b) Ligament
- (c) Tendon
- (d) Muscle

[1]

15. The part of the knee labelled Z on Fig. 3 is a:

- (a) Bone
- (b) Ligament
- (c) Tendon
- (d) Muscle

[1]

16. The function of platelets in the blood is to:

- (a) Protect the body from infections
- (b) Carry oxygen around the body
- (c) Carry nutrients around the body
- (d) Form clots to stop bleeding

[1]

17. Which one of the following is **true** of veins:

- (a) They carry blood to the heart
- (b) They usually carry oxygenated blood
- (c) They contain blood which is under high pressure
- (d) They are the site for gaseous exchange

[1]

Fig. 4 shows a picture of parts of the respiratory system.

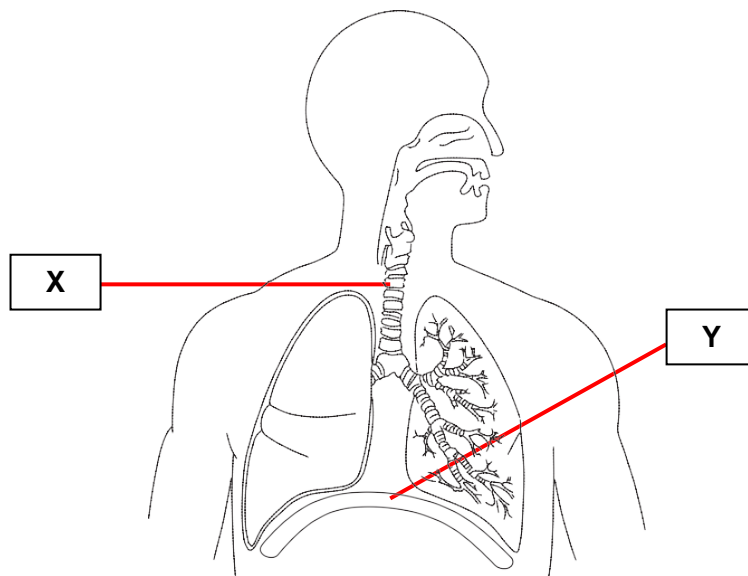


Fig. 4

18. The part of the respiratory system labelled X on Fig. 4 is the:

- (a) Epiglottis
- (b) Pharynx
- (c) Larynx
- (d) Trachea

[1]

19. The part of the respiratory system labelled Y on Fig. 4 is the:

- (a) Intercostals
- (b) Diaphragm
- (c) Bronchioles
- (d) Bronchi

[1]

20. The process of gaseous exchange takes place in the:

- (a) Intercostals
- (b) Bronchioles
- (c) Bronchi
- (d) Alveoli

[1]

21. When blood first enters the heart it goes into the:

- (a) Atria
- (b) Ventricles
- (c) Aorta
- (d) Vena Cava

[1]

Fig. 5 shows some BMI results.

Individual	BMI score
John	27
Freya	20
Harry	34.5
Emma	30.5
Sam	18.5

Fig. 5

22. What classification would John's BMI score be given?

- (a) Underweight
- (b) Healthy weight
- (c) Overweight
- (d) Obese

[1]

23. What classification would Sam's BMI score be given?

- (a) Underweight
- (b) Healthy weight
- (c) Overweight
- (d) Obese

[1]

24. How many BMI scores in the table would be classified as obese?

- (a) 1
- (b) 2
- (c) 3
- (d) 4

[1]

25. Which of the following statements about the effects of regularly participating in physical activity and sport is **false**?

- (a) It increases cardiac output
- (b) It increases respiratory volumes
- (c) It increases resting heart rate
- (d) It increases the number of alveoli

[1]

26. Which one of the following is an effect of regularly participating in physical activity and sport?

- (a) Reduced volume of blood
- (b) Reduced number of red blood cells
- (c) Reduced number of capillaries in muscles
- (d) Reduced blood pressure

[1]

27. 'Ideal' blood pressure is defined as being:

- (a) 90/60 or less
- (b) 90/60 – 120/80
- (c) 120/80 – 140/90
- (d) 140/90 or more

[1]

28. Which one of the following statements relating to the structure and function of the heart is **false**?

- (a) The ventricles collect the blood and the atria pump the blood out of the heart
- (b) Valves prevent the blood from flowing backwards
- (c) The right side of the heart pumps de-oxygenated blood to the lungs
- (d) The left side of the heart pumps the oxygenated blood from the lungs around the body

[1]

29. Which one of the following is **not** a positive effect of physical activity on the cardiorespiratory system?

- (a) An increase in the strength of heart muscle
- (b) An increase in the amount of blood pumped around the body
- (c) A decrease in the resting heart rate
- (d) A decrease in respiratory volume

[1]

30. The main function of an artery is:

- (a) To get rid of waste products
- (b) To carry blood at low pressure to the heart
- (c) To enable the exchange of gasses
- (d) To transport oxygenated blood from the heart

[1]

31. Which one of the following statements is **true**?

- (a) Air passes from the nose into the pharynx
- (b) The epiglottis covers the opening of the pharynx
- (c) The larynx is located above the pharynx
- (d) The trachea carries food to the stomach

[1]

32. Which one of the following statements is **true**?

- (a) Blood plasma contains mostly glucose
- (b) Capillaries have a double layer of cells
- (c) Red blood cells carry oxygen
- (d) White blood cells stop bleeding

[1]

33. Bending the limbs at a joint is known as:

- (a) Rotation
- (b) Flexion
- (c) Abduction
- (d) Extension

[1]

Fig. 6 below shows the levels of participation in a variety of sports

	Oct 2012-Oct 2013	Oct 2013-Oct 2014	Change
Swimming	2.93m	2.69m	Decrease
Athletics	2.02m	2.16m	Increase
Cycling	2.00m	2.07m	Increase
Football	1.84m	1.90m	Increase
Netball	122,200	148,700	Increase
Source: Sport England's Active People Survey (2015)			

34. Referring to Figure 6, which activity shows the largest increase in numbers participating?

- (a) Football
- (b) Cycling
- (c) Athletics
- (d) Swimming

[1]

35. Participation in activities can change for many different reasons.

Which one of the following is a possible reason for an increase in the number of people taking part which only applies to cycling?

- (a) There are lots of local clubs available
- (b) It can be done in a group or as an individual
- (c) It can be a way of getting around as well as a hobby
- (d) The influence of the 2012 Olympic Games

[1]

36. Which one of the following statements is **true** related to participation in sport?

- (a) Men are less likely than women to participate
- (b) Participation usually decreases with age
- (c) The disabled are just as likely to participate as the able-bodied
- (d) Minority ethnic groups that are elderly show high levels of participation

[1]

Fig. 7 shows a weekday timetable for a local swimming pool.

TIME	MON	TUES	WEDS	THURS	FRI		
07.00	Fitness swim	Fitness swim	Fitness swim	Fitness swim	Fitness swim		
08.00							
09.00							
10.00	School swimming	Over 50's	School swimming	Over 50's	School swimming		
11.00		Women only		Family swim			
12.00		School swimming	Swim for all	School swimming			
13.00							
14.00	Swim for all	Family swim	Swim for all	Disability swimming	Swim for all		
15.00		Family swim					
16.00		Swimming Clubs		Children's lessons		Swimming Clubs	Children's lessons
17.00							
18.00	Children's lessons	Swimming Clubs	Children's lessons	Swimming Clubs	Children's lessons		
19.00							
20.00							

Fig. 7

37. Referring to Fig. 7, which one of the following statements is **false**?

- (a) There are junior lessons or swimming clubs every night in the week
- (b) There is an equal amount of time for family swim and over 50's swimming
- (c) There is time reserved for school swimming every day in the week
- (d) The same time each weekday morning is reserved for fitness swim

[1]

38. Referring to Fig. 7, which group has the smallest amount of provision specifically for them?

- (a) Disabled people
- (b) Young children (0-10 year-olds)
- (c) Women
- (d) Over 50-year-olds

[1]

39. Which one of the following is an example of assistive technology to enable participation in sport?

- (a) Using additional helpers in an exercise class for the visually impaired
- (b) A pool hoist used for wheelchair-bound participants in swimming
- (c) A referee using goal line technology to assess whether a goal has been scored
- (d) A disabled student using the internet to check sports fixture information

[1]

40. A potential health benefit from regularly participating in sports like cycling or swimming is:

- (a) Increased cardiac output
- (b) Increased respiratory volumes
- (c) Increased number of capillaries in muscles
- (d) Improved efficiency in the circulatory system

[1]

END OF QUESTION PAPER



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Question	Answer	Marks	Guidance
SECTION A			
1	Indicative content: C	1	For one mark.
2	Indicative content: D	1	For one mark.
3	Indicative content: B	1	For one mark.
4	Indicative content: A	1	For one mark.
5	Indicative content: B	1	For one mark.
6	Indicative content: C	1	For one mark.
7	Indicative content: D	1	For one mark.
8	Indicative content: A	1	For one mark.
9	Indicative content: C	1	For one mark.
10	Indicative content: D	1	For one mark.
11	Indicative content: A	1	For one mark.
12	Indicative content: B	1	For one mark.
13	Indicative content: C	1	For one mark.
14	Indicative content: B	1	For one mark.
15	Indicative content: B	1	For one mark.
16	Indicative content: D	1	For one mark.
17	Indicative content: A	1	For one mark.
18	Indicative content: D	1	For one mark.
19	Indicative content: B	1	For one mark.
20	Indicative content: D	1	For one mark.

Question	Answer	Marks	Guidance
21	Indicative content: A	1	For one mark.
22	Indicative content: C	1	For one mark.
23	Indicative content: B	1	For one mark.
24	Indicative content: B	1	For one mark.
25	Indicative content: C	1	For one mark.
26	Indicative content: D	1	For one mark.
27	Indicative content: B	1	For one mark.
28	Indicative content: A	1	For one mark.
29	Indicative content: D	1	For one mark.
30	Indicative content: D	1	For one mark.
31	Indicative content: A	1	For one mark.
32	Indicative content: C	1	For one mark.
33	Indicative content: B	1	For one mark.
34	Indicative content: C	1	For one mark.
35	Indicative content: C	1	For one mark.
36	Indicative content: B	1	For one mark.
37	Indicative content: B	1	For one mark.
38	Indicative content: C	1	For one mark.
39	Indicative content: B	1	For one mark.
40	Indicative content: D	1	For one mark.