

**MULTIPLE CHOICE
QUESTION PAPER**

Paper number MPPEFH Please insert this reference number in the appropriate boxes on your candidate answer sheet	Time allocation 50 minutes
Title <h2 style="text-align: center;">Level 2 Mock Paper</h2> <h1 style="text-align: center;">Principles of Exercise, Fitness and Health</h1> <p style="text-align: center;">Unit Accreditation Number A/600/9017</p>	
Special Instructions <p>This theory paper comprises questions that are indicative to the Level 2 Principles of Exercise, Fitness and Health unit. It contains questions that are phrased as standard multiple choice, pictorial, fill the blanks and complete the sentence style questions. Answers should be recorded as either a, b, c or d.</p> <ul style="list-style-type: none">• Programming safe and effective exercise for clients• The health benefits of physical activity• The importance of healthy eating <p>This theory paper has 40 marks. A minimum total of 28 marks overall (70%) is required in order to pass.</p> <p>Important: Please do not write on this paper.</p>	

Q1

Which of the following health benefits would result from regular walking? (1 mark)

- a. Increased blood pressure
- b. Decreased risk of CHD
- c. Increased resting heart rate
- d. Decreased life expectancy

Q2

The development of balance would be required for which of the following activities? (1 mark)

- a. Gymnastics
- b. Sprinting
- c. Swimming
- d. Running

Q3

Which of the following is a long term adaptation to muscular strength training? (1 mark)

- a. Increased size of type II muscle fibres
- b. Decreased number of type II muscle fibres
- c. Increased number of type II muscle fibres
- d. Decreased size of type II muscle fibres

Q4

What is the definition of muscular strength? (1 mark)

- a. The ability of muscles to exert maximum force in one contraction
- b. The ability of muscles to exert minimum force in one contraction
- c. The ability of muscles to repeatedly exert maximum force
- d. The ability of muscles to repeatedly exert minimum force

Q5

Which of the following would be classified in the aerobic fitness zone? (1 mark)

- a. 65% Max heart rate
- b. 75% Max heart rate
- c. 85% Max heart rate
- d. 95% Max heart rate

Q6

Which of the following is a long term adaptation to cardiovascular training? (1 mark)

- a. Increased lactic acid accumulation
- b. Decreased carbon dioxide removal
- c. Increased capillarisation
- d. Decreased oxygen delivery

Q7

What body type has broad shoulders and a muscular build? (1 mark)

- a. Ectomorph
- b. Mesomorph
- c. Endomorph
- d. Somatotype

Q8

According to the Borg 6-20 scale which of the following would represent an intensity that felt 'somewhat hard'? (1 mark)

- a. 6
- b. 9
- c. 13
- d. 17

Q9

What is heart rate? (1 mark)

- a. The number of beats/ contractions per minute
- b. The number of beats/ contractions per 30 seconds
- c. The volume of blood pumped from the heart in one contraction
- d. The volume of blood pumped from the heart in one minute

Q10

Which of the following is defined as the volume of blood pumped from the heart in one contraction? (1 mark)

- a. Cardiac output
- b. Stroke volume
- c. Heart rate
- d. Cardiac arrest

Q11

A long term effect of regular exercise on the heart is increased stroke volume. What effect will this have? (1 mark)

- a. The heart will beat less frequently
- b. The heart will contract less forcefully
- c. Blood pressure will increase
- d. CHD risk will increase

Q12

Complete the text with the missing word? (1 mark)

When someone begins exercising heart rate will_____ This will allow a greater supply of blood and therefore oxygen to reach the working muscles.

- a. Maintain
- b. Increase
- c. Decrease
- d. Regress

Q13

What happens during dilation of blood vessels? (1 mark)

- a. The blood vessels get wider
- b. The blood vessels get narrower
- c. The valves in the veins remain open
- d. The valves in the veins remain closed

Q14

Why does blood pooling lead to an increased risk of fainting? (1 mark)

- a. It leads to a decrease in blood sugar
- b. It leads to an increase in blood sugar
- c. It leads to an increase in the blood supply to the brain
- d. It leads to a decrease in the blood supply to the brain

Q15

What happens to the synovial fluid in joints during exercise? (1 mark)

- a. The amount of synovial fluid decreases
- b. The amount of synovial fluid increases
- c. The amount of oxygen in the synovial fluid decreases
- d. The amount of oxygen in the synovial fluid increases

Q16

Which of the following types of muscle contraction is most likely to cause DOMS? (1 mark)

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

Q17

Which of the following will primarily recruit type 2b muscle fibres in resistance training? (1 mark)

- a. High weight and high repetitions
- b. High weight and low repetitions
- c. Low weight and high repetitions
- d. Low weight and low repetitions

Q18

Which of the following training outcomes requires speed during resistance training? (1 mark)

- a. Muscular endurance
- b. Muscular strength
- c. Muscular power
- d. Muscular fitness

Q19

Which of the following will increase overload during a resistance training exercise? (1 mark)

- a. Increasing the speed of repetitions
- b. Decreasing the number of repetitions
- c. Increasing the lever length
- d. Decreasing the range of movement

Q20

An ability to cope with stressful situations in everyday life and to make good decisions is an example of which component of total fitness? (1 mark)

- a. Social fitness
- b. Medical fitness
- c. Mental fitness
- d. Spiritual fitness

Q21

Which of the following defines physical fitness? (1 mark)

- a. Maintaining an active lifestyle that contributes to maintaining levels of cardiovascular and muscular fitness and flexibility
- b. Eating a variety of foods from major food groups and maintaining a calorie intake appropriate for needs and demands
- c. Being free from disease and illness and making lifestyle choices that maintain this component
- d. Awareness of and ability to manage and express emotions assertively and with respect to self and others

Q22

The equation force x speed represents which component of motor fitness/ skill related fitness? (1 mark)

- a. Reaction time
- b. Power
- c. Speed
- d. Agility

Q23

Which of the following defines balance? (1 mark)

- a. The ability to change the position of the entire body in space with speed and accuracy
- b. The ability of the body to remain centred over a base of support
- c. The ability to perform smooth and accurate movements
- d. Distance ÷ Time

Q24

Which of the following is a genetic factor influencing an individual's training potential? (1 mark)

- a. Diet
- b. Alcohol
- c. Smoking
- d. Body type

Q25

The 100m sprint primarily uses which of the following components of skill related fitness?

- a. Speed
- b. Agility
- c. Balance
- d. Co-ordination

Q26

What is the recommended intensity and duration of stretching to improve flexibility according to ACSM? (1 mark)

- a. 5-10 seconds with no feelings of discomfort
- b. 10-15 seconds to mild discomfort
- c. 10-30 seconds to mild discomfort
- d. 10-30 seconds to severe discomfort

Q27

What is a plateau? (1 mark)

- a. It is when continued adaptations to training no longer occur
- b. It is a gradual decrease in physiological gains when training is ceased
- c. It is the ability of the body to cope with specific training needs
- d. It is the gradual increase of stress placed upon the body during exercise training

Q28

What is recovery time? (1 mark)

- a. A gradual decrease in physiological gains when training is ceased
- b. The ability of the body to cope with specific training needs
- c. The gradual increase of stress placed upon the body during training
- d. The period of time between training sets or training sessions

Q29

Which of the following principles is affected when an additional set of exercises is added to a resistance training programme? (1 mark)

- a. Frequency
- b. Intensity
- c. Time
- d. Type

Q30

Why are supine exercises after the first trimester of pregnancy contraindicated? (1 mark)

- a. They can cause overstretching of ligaments supporting joints
- b. They can cause loss of balance
- c. They can reduce blood supply to the baby and mother
- d. They can cause spinal fractures

Q31

Which of the following should be avoided when programming for 14-16 year olds? (1 mark)

- a. High intensity strength training
- b. Low intensity strength training
- c. Functional pushing exercises
- d. Functional pulling exercises

Q32

How does exercise reduce the risk of type 2 diabetes?

- a. By reducing levels of obesity
- b. By increasing levels of obesity
- c. By reducing bone density
- d. By increasing bone density

Q33

According to the Food Standards Agency which of the following food groups makes up one of the largest sections of the food plate? (1 mark)

- a. Milk and dairy foods
- b. Fruit and vegetables
- c. Meat, fish, eggs and beans
- d. Foods and drinks high in sugar and/or fats

Q34

Which of the following is a non-dairy source of protein? (1 mark)

- a. Beans
- b. Cheese
- c. Milk
- d. Yoghurt

Q35

Which of the following is a negative effect of dehydration? (1 mark)

- a. Increased oxygen uptake
- b. Decreased oxygen uptake
- c. Increased fatigue
- d. Decreased fatigue

Q36

Which of the following is a source of carbohydrates in the diet? (1 mark)

- a. Chicken
- b. Pasta
- c. Cheese
- d. Lamb

Q37

Which of the following meals/foods would be high in carbohydrate? (1 mark)

- a. A salad
- b. Sausages, bacon and fried tomatoes
- c. Spaghetti Bolognese
- d. Poached eggs

Q38

Which of the following will result in weight gain? (1 mark)

- a. Energy in + energy out
- b. Energy in > energy out
- c. Energy in < energy out
- d. Energy in = energy out

Q39

Which of the following can be a result of a diet low in calcium? (1 mark)

- a. Osteoporosis
- b. Type 2 Diabetes
- c. Hypertension
- d. Weight gain

Q40

For an individual who is obese which of the following would be a positive change to their diet? (1 mark)

- a. Decrease intake of saturated fat
- b. Decrease intake of fruit and vegetables
- c. Increase intake of sugary foods
- d. Increase salt intake