

NCFE Level 1/2 Technical Award in Health and Fitness (603/2650/5)

Unit 01 Introduction to body systems
and principles of training in health and
fitness – skeletal system

Learner information

The marks available for each question
are shown in brackets.

Maximum time: 40 minutes

**1 Which one of the following bones is located in the upper leg?
(1 mark)**

A Femur

B Fibula

C Radius

D Tibia

Answer _____

**2 Which one of the following bones is located in the arm?
(1 mark)**

A Sternum

B Fibula

C Ulna

D Patella

Answer _____

**3 Name 2 bones found in the axial section of the skeleton
(2 marks)**

Answer _____

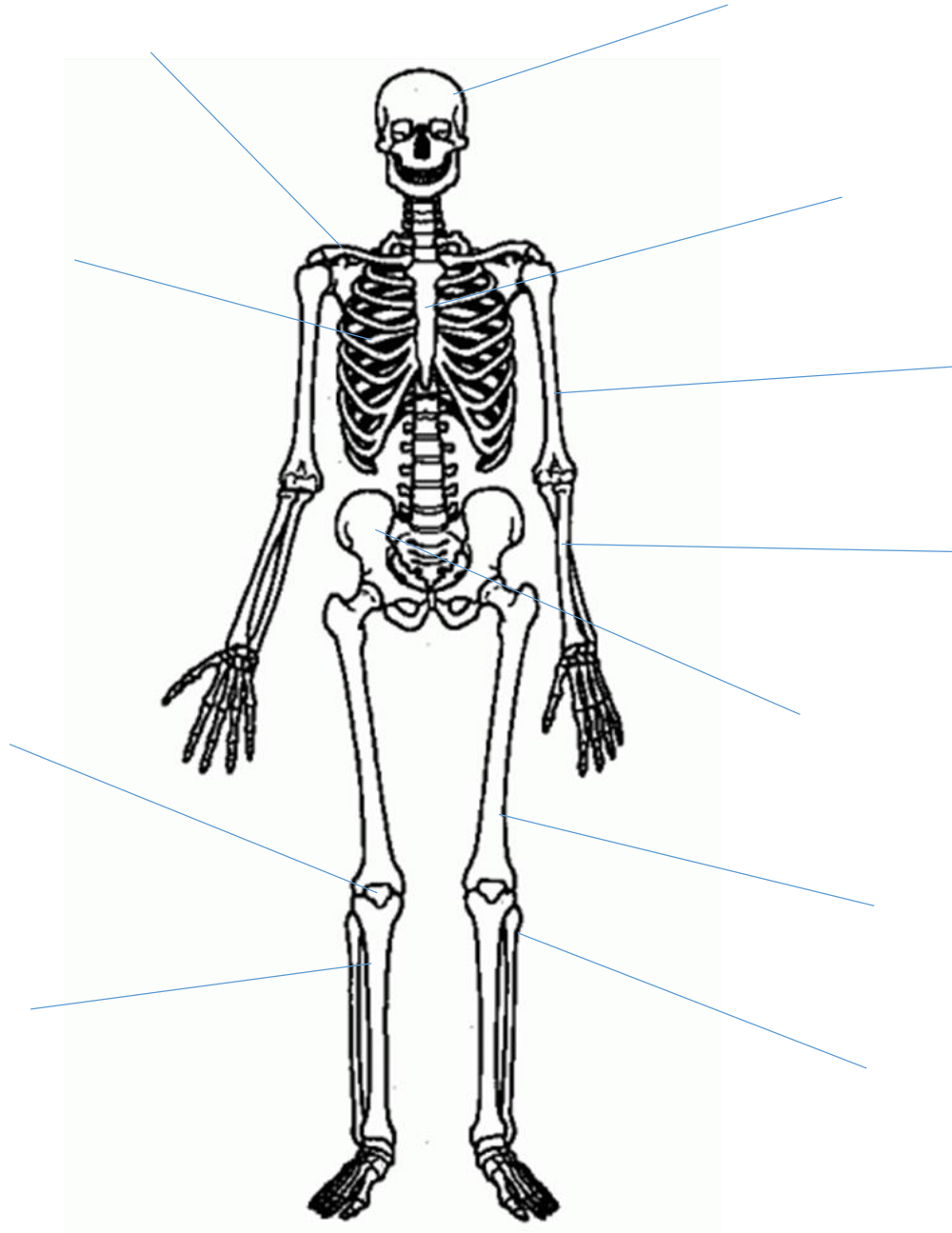
Answer _____

**4 Name 2 bones found in the appendicular section of the skeleton
(2 marks)**

Answer _____

Answer _____

5 Label the following bones on the diagram (11 marks)



8 Complete the table (5 marks)

Types of bone	Example
	Patella
Flat	
	Vertebrae
Short	
Long	

9 Identify 4 synovial joints and give an example of each (8 marks)

Answer _____

Answer _____

Answer _____

Answer _____

10 Joint actions - complete the table (10 marks)

Type of movement	Joint where action occurs	Sporting example
Flexion		
Rotation		
Extension		
Abduction		
Adduction		

11 Synovial joint - the knee (6 marks)

Structure	Function
Tendon	
Ligament	
Articular cartilage	
Joint capsule	
Synovial membrane	
Synovial fluid	

12 Identify 5 regions of the vertebral Column (5 marks)

Answer _____

Answer _____

Answer _____

Answer _____

Answer _____

13 Identify and explain 3 deformities of the spine (6 marks)
