

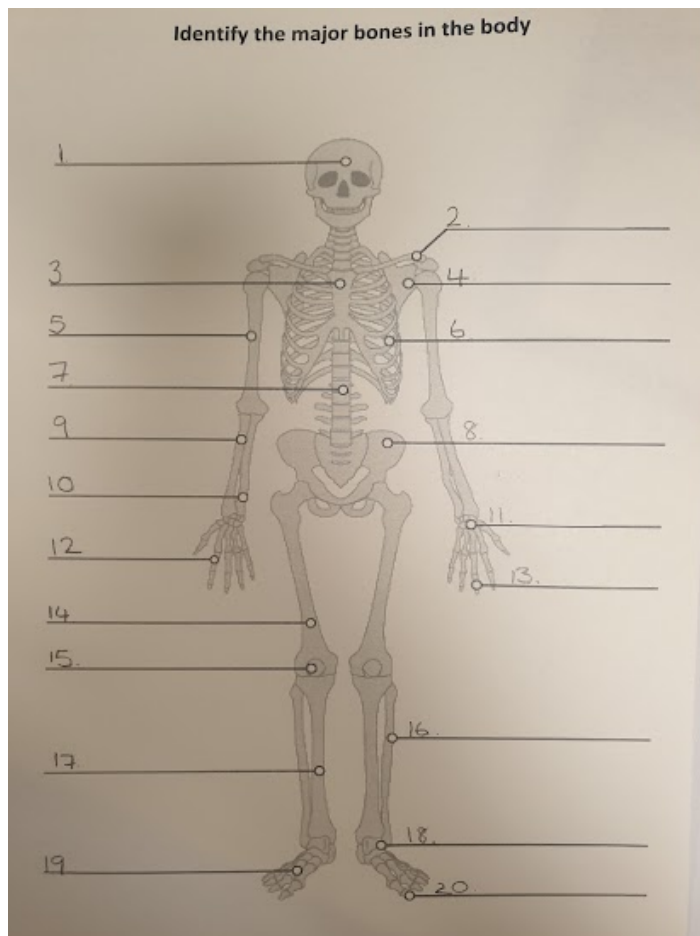
Year 7 Cycle 1 Knowledge Assessment

*Required

1. Email address *

2. Name *

The skeleton



3. Yellow: Identify the bone labelled number 20. *

1 point

Mark only one oval.

- ☐ Patella
- ☐ Meta tarsals
- ☐ Phalanges
- ☐ Tarsals
- ☐ Fibula

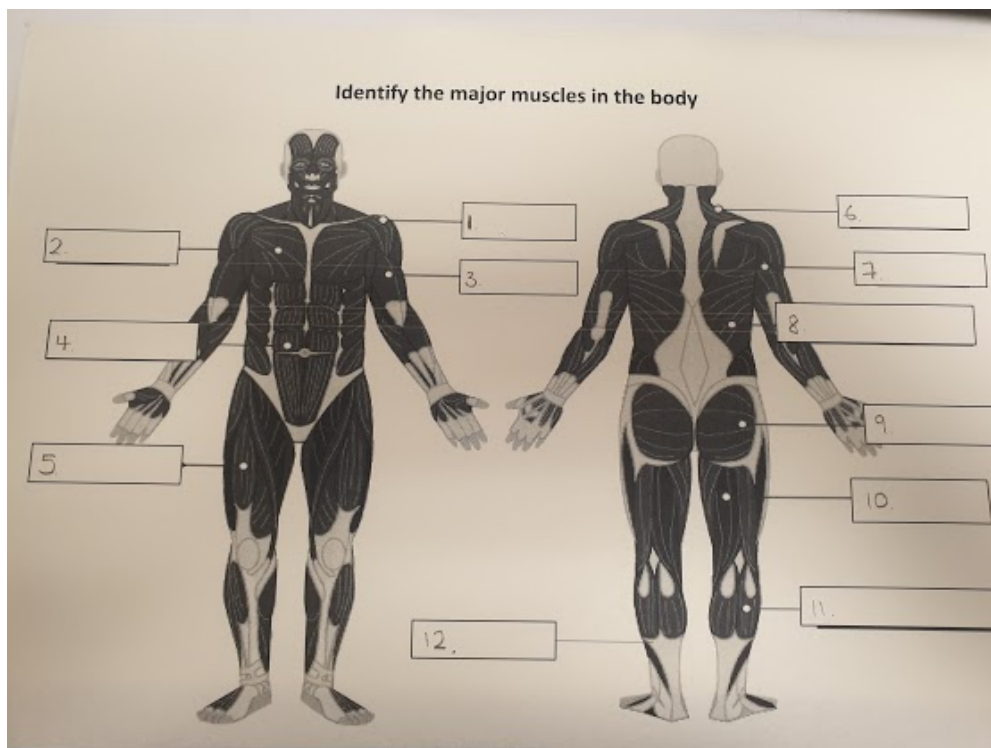
4. Yellow: Identify the bones labelled number 6. *

1 point

Mark only one oval.

- ☐ Cranium
- ☐ Scapula
- ☐ Sternum
- ☐ Ribs
- ☐ Humerus

The Muscular System



5. Yellow: Identify the muscle labelled number 9. *

1 point

Mark only one oval.

- ☐ Trapezius
- ☐ Biceps
- ☐ Deltoids
- ☐ Gluteals
- ☐ Quadriceps

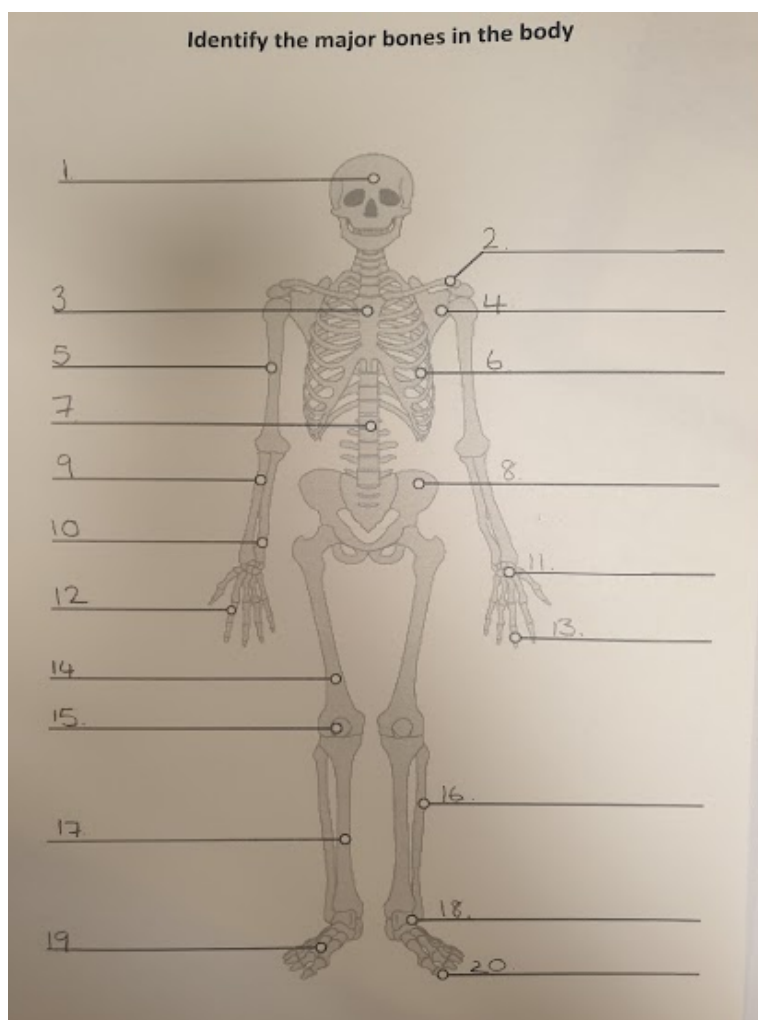
6. Yellow: Identify the muscle labelled number 1. *

1 point

Mark only one oval.

- ☐ Biceps
- ☐ Triceps
- ☐ Deltoids
- ☐ External Obliques
- ☐ Tibialis Anterior

The skeleton



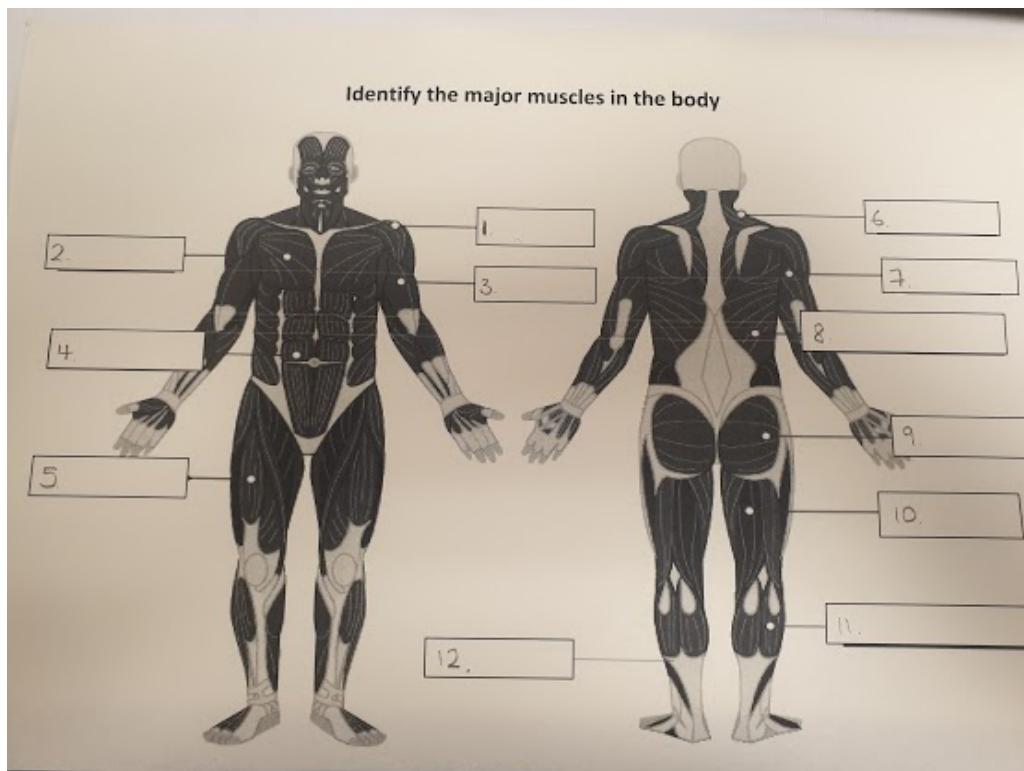
7. Green: Locate the number pointing to the cranium. *

1 point

8. Green: Locate the number pointing to the tibia. *

1 point

The Muscular System



9. Green: Locate the number pointing to the trapezius. *

1 point

10. Green: Locate the number pointing to the quadriceps. *

1 point

11. Blue: Identify what an acute sports injury is. *

1 point

Mark only one oval.

- ☐ injuries also known as overuse injuries and are a result of continuous stress on an area. These injuries tend to develop gradually over a period of time.
- ☐ injuries caused as a result of a sudden trauma and are a result of continuous stress on an area. These injuries tend to develop gradually over a period of time.
- ☐ injuries caused as a result of a sudden trauma to the body and result in immediate pain, and usually swelling with a loss of function.
- ☐ injuries also known as overuse injuries caused as a result of a sudden trauma to the body and result in immediate pain, and usually swelling with a loss of function.
- ☐ injuries caused as a result of a sudden trauma to the body and result in pain, and usually swelling with a loss of function.

12. Blue: Identify what an chronic sports injury is. *

1 point

Mark only one oval.

- ☐ injuries caused as a result of a sudden trauma and are a result of continuous stress on an area. These injuries tend to develop gradually over a period of time.
- ☐ injuries caused as a result of a sudden trauma to the body and result in immediate pain, and usually swelling with a loss of function.
- ☐ injuries caused as a result of a sudden trauma to the body and result in pain, and usually swelling with a loss of function.
- ☐ injuries also known as overuse injuries and are a result of continuous stress on an area. These injuries tend to develop gradually over a period of time.
- ☐ injuries also known as overuse injuries caused as a result of a sudden trauma to the body and result in immediate pain, and usually swelling with a loss of function.

13. Blue: Identify which one is an acute sports injury. *

1 point

Mark only one oval.

- ☐ Sever's disease
- ☐ Golfer's elbow
- ☐ Diabetes
- ☐ Contusion
- ☐ Osgood schlatters

14. Blue: Identify the chronic sports injury that is not specific to children. *

1 point

Mark only one oval.

- ☐ Golfer's elbow
- ☐ Epilepsy
- ☐ Concussion
- ☐ Contusion
- ☐ Osgood schlatters

15. Purple: Select the correct description for symptoms of a concussion. *

1 point



Mark only one oval.

- ☐ Symptoms of a concussion are immediate pain, swelling with some discolouration.
- ☐ Symptoms of a concussion are immediate pain, dizziness, nausea, blurred vision and swelling.
- ☐ Symptoms of a concussion are immediate pain, swelling, inflammation and loss of function.
- ☐ Symptoms of a concussion are immediate pain, bone sticking through skin, bleeding and swelling.
- ☐ Symptoms of a concussion are immediate pain, deformity, loss of function and swelling.

16. Purple: Select the description for symptoms of an abrasion. *

1 point

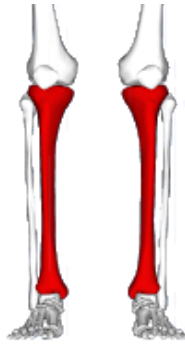


Mark only one oval.

- ☐ Symptoms of a sprain are immediate pain, dizziness, nausea, blurred vision and swelling.
- ☐ Symptoms of an abrasion are immediate pain, swelling with some discolouration.
- ☐ Symptoms of an abrasion are immediate pain, bleeding, redness and swelling.
- ☐ Symptoms of an abrasion are immediate pain, bone sticking through skin, bleeding and swelling.
- ☐ Symptoms of an abrasion are immediate pain, deformity, loss of function and swelling.

17. Purple: Select the description for symptoms of shin splints. *

1 point



Mark only one oval.

- ☐ Symptoms of shin splints are a dull ache in the fibula, tenderness and swelling of the soleus muscle from overuse.
- ☐ Symptoms of shin splints are a dull ache in the patella, tenderness and swelling of the patella tendon from overuse.
- ☐ Symptoms of shin splints are a pain or dull ache in the tibia, tenderness and swelling of the tibialis anterior muscle from overuse.
- ☐ Symptoms of shin splints are a dull ache in the femur, tenderness and swelling of the hamstring from overuse.
- ☐ Symptoms of shin splints are a pain or dull ache in the tibia, tenderness and swelling of the quadriceps muscle from overuse.

18. Purple: Select the correct description for symptoms of runner's knee. *

1 point



Mark only one oval.

- ☐ Symptoms of runner's knee are a dull ache in the femur, tenderness and swelling of the patella tendon from overuse.
- ☐ Symptoms of runner's knee are a dull ache in the patella, tenderness and swelling of the iliotibial band from underuse.
- ☐ Symptoms of runner's knee are a dull ache in the patella, tenderness and swelling of the hamstring from overuse.
- ☐ Symptoms of runner's knee are a dull ache in the patella, tenderness and swelling of the iliotibial band from overuse.
- ☐ Symptoms of runner's knee are a pain or dull ache in the patella, tenderness and swelling of the quadriceps muscle from overuse.

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