

# Year 7 Cycle 2 Knowledge Assessment

\*Required

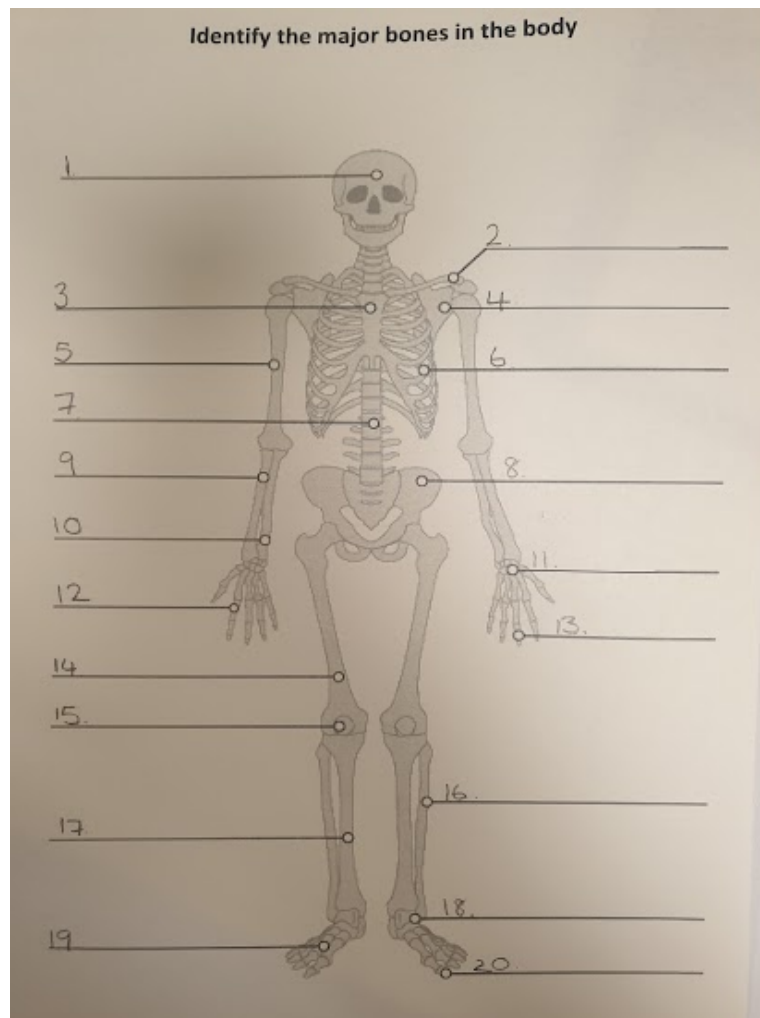
1. Email address \*

---

2. Name \*

---

The skeleton



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

1 point

*Mark only one oval.*

- ☐ Patella
- ☐ Phalanges
- ☐ Cranium
- ☐ Scapula
- ☐ Sternum

4. Yellow: Identify the bone labelled number 19. \*

1 point

*Mark only one oval.*

- ☐ Patella
- ☐ Meta tarsals
- ☐ Femur
- ☐ Tarsals
- ☐ Fibula

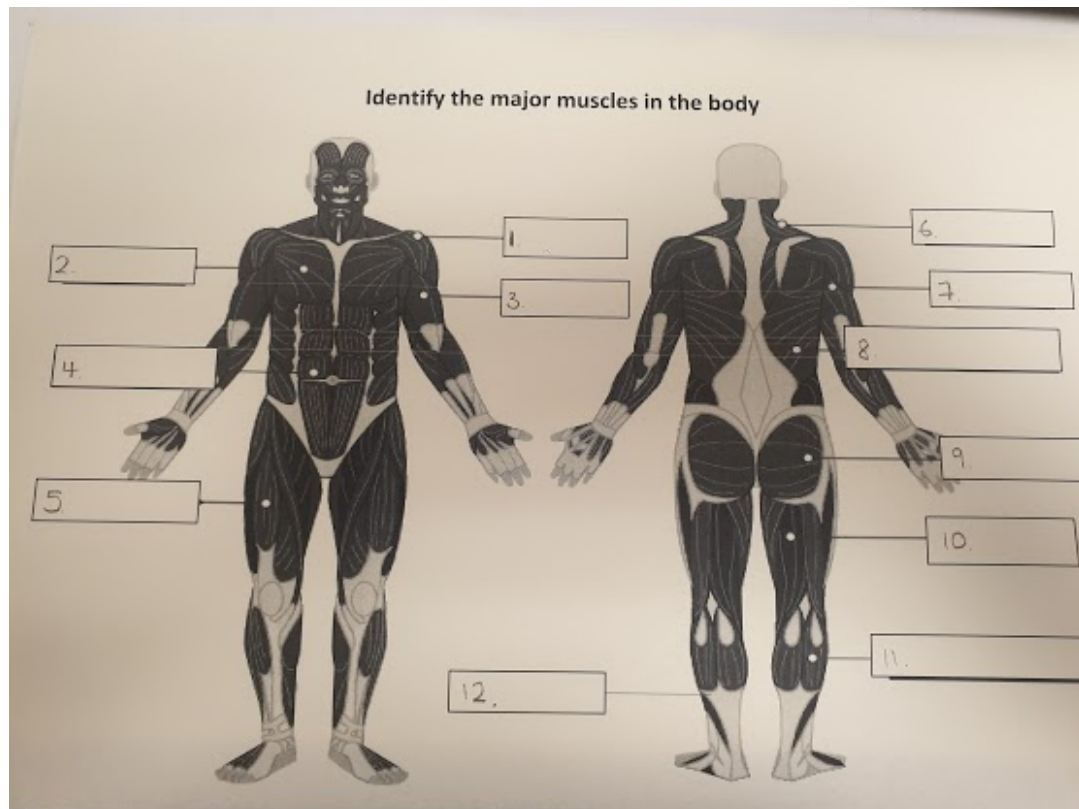
5. Yellow: Identify the bone labelled number 13. \*

1 point

*Mark only one oval.*

- ☐ Patella
- ☐ Radius
- ☐ Ulna
- ☐ Phalanges
- ☐ Humerus

## The Muscular System



6. Yellow: Identify the muscle labelled number 3. \*

1 point

*Mark only one oval.*

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

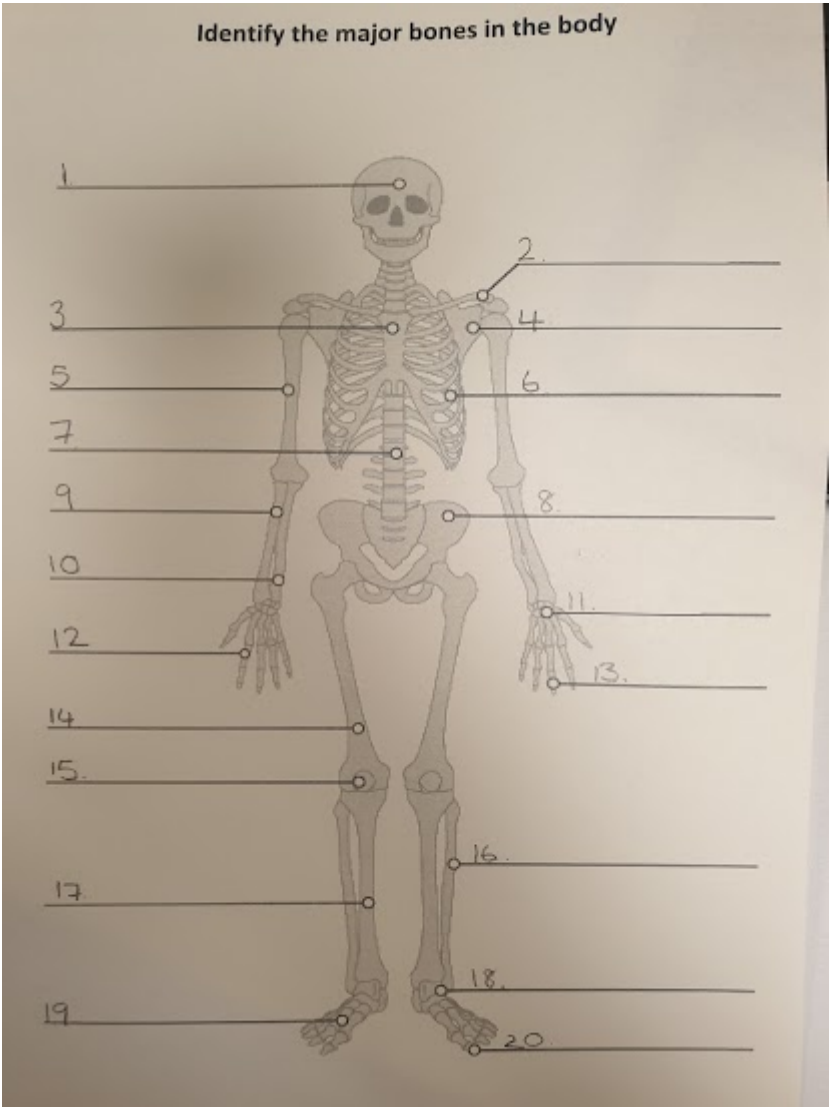
7. Yellow: Identify the muscle labelled number 4. \*

1 point

*Mark only one oval.*

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

The skeleton



8. Green: Locate the number pointing to the clavicle. \* 1 point

\_\_\_\_\_

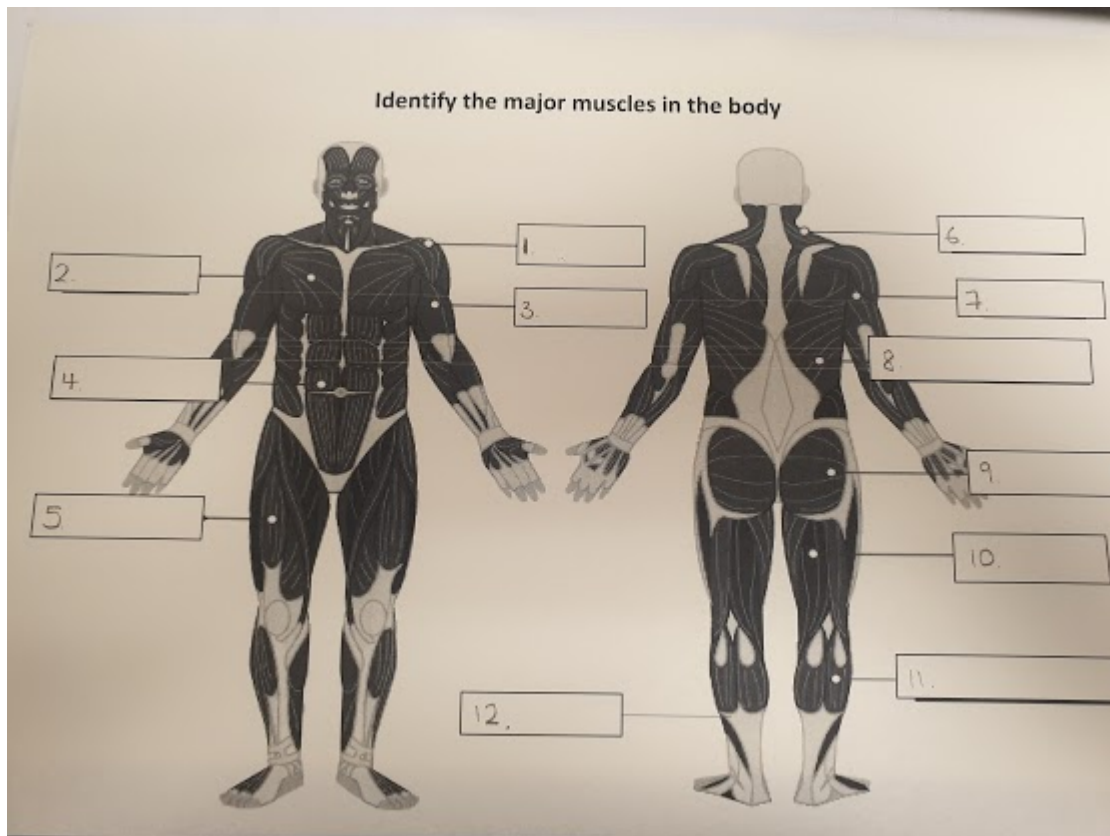
9. Green: Locate the number pointing to the carpals. \* 1 point

\_\_\_\_\_

10. Green: Locate the number pointing to the femur. \* 1 point

\_\_\_\_\_

## The Muscular System



11. Green: Locate the number pointing to the pectorals. \*

1 point

---

12. Green: Locate the number pointing to the gastrocnemius. \*

1 point

---

13. 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.

14. 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.

15. 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

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

1 point

*Mark only one oval.*

- ☐ Achilles tendonitis
- ☐ Strain
- ☐ Golfer's elbow
- ☐ Osgood schlatters
- ☐ Sever's disease

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

1 point

*Mark only one oval.*

- ☐ Osgood schlatters
- ☐ Runners Knee
- ☐ Abrasion
- ☐ Concussion
- ☐ Sever's disease

18. Purple: Select the correct description for symptoms of a blister. \*

1 point



*Mark only one oval.*

- ☐ Symptoms of a blister are immediate pain, swelling with some discolouration.
- ☐ Symptoms of a blister are immediate pain, deformity, loss of function and swelling.
- ☐ Symptoms of a blister are immediate pain, bone sticking through skin, bleeding and swelling.
- ☐ Symptoms of a blister are immediate pain, swelling and a pocket of fluid.
- ☐ Symptoms of a blister are immediate pain, swelling and redness.

19. Purple: Select the correct description for symptoms of cramp. \*

1 point

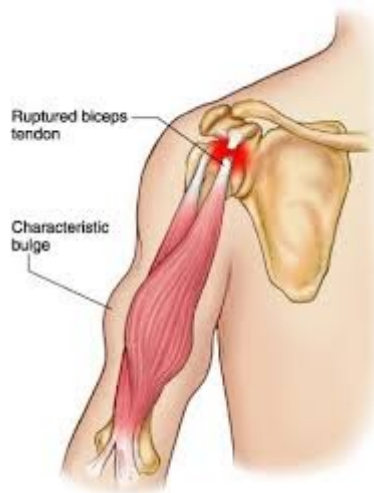


*Mark only one oval.*

- ☐ Symptoms of cramp are immediate pain, dizziness, nausea, blurred vision and swelling.
- ☐ Symptoms of cramp are immediate pain, deformity and tenderness.
- ☐ Symptoms of cramp are immediate pain, swelling with some discolouration.
- ☐ Symptoms of cramp are immediate pain, bleeding, redness and swelling.
- ☐ Symptoms of cramp are immediate pain, deformity, loss of function and swelling.

20. Purple: Select the correct description for symptoms of a strained bicep. \*

1 point



*Mark only one oval.*

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



21. Purple: Select the correct description for symptoms of Sever's disease. \*

1 point

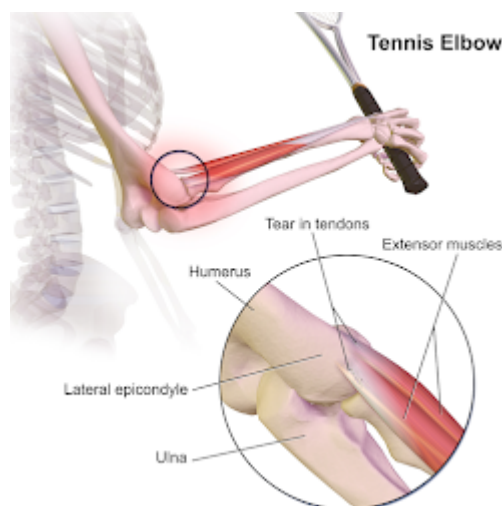


Mark only one oval.

- ☐ Symptoms of sever's disease are a pain, tenderness and inflammation of the growth plate in the heel of growing children from underuse
- ☐ Symptoms of sever's disease are a pain, tenderness and fracture of the growth plate in the heel of growing children from overuse
- ☐ Symptoms of sever's disease are a pain, tenderness and inflammation of the growth plate in the heel of growing children from overuse.
- ☐ Symptoms of sever's disease are no pain or tenderness of the growth plate in the heel of growing children from overuse
- ☐ Symptoms of sever's disease are a pain, tenderness and open tear of the growth plate in the heel of growing children from overuse

22. Purple: Select the correct description for symptoms of tennis elbow. \*

1 point



Mark only one oval.

- ☐ Symptoms of tennis elbow are a pain, deformity, bleed of the inside elbow from overuse.
- ☐ Symptoms of tennis elbow are a pain, stiffness, numbness of the outside elbow from overuse.
- ☐ Symptoms of tennis elbow are a pain, stiffness, numbness of the inside elbow from overuse.
- ☐ Symptoms of tennis elbow are a pain, deformity bleed of the outside elbow from overuse.
- ☐ Symptoms of tennis elbow are a pain, stiffness, numbness of the middle elbow from overuse.

---

This content is neither created nor endorsed by Google.

Google Forms