

# Year 8 Cycle 2 Knowledge Assessment

\*Required

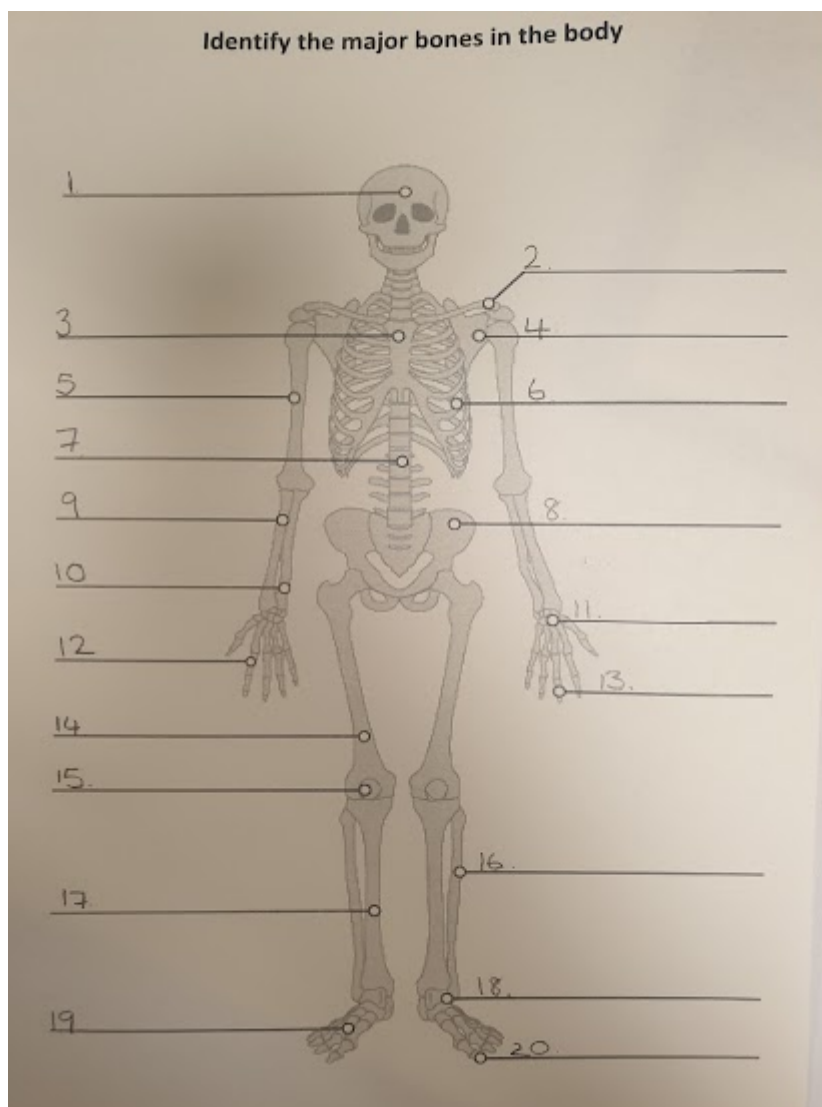
1. Email address \*

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2. Name \*

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The skeleton



3. Yellow: Locate the number pointing to the clavicle. \*

1 point

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4. Yellow: Locate the number pointing to the carpals. \*

1 point

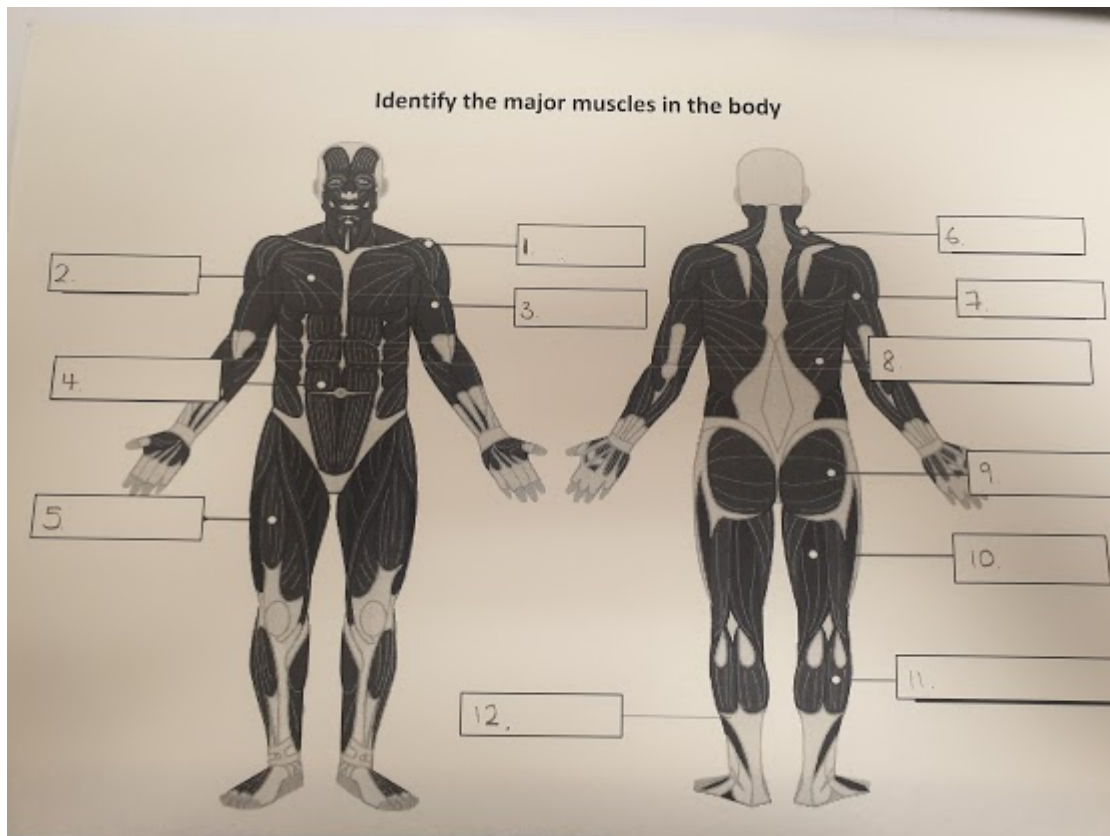
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5. Yellow: Locate the number pointing to the femur. \*

1 point

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## The Muscular System



6. Yellow: Locate the number pointing to the pectorals. \*

1 point

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7. Yellow: Locate the number pointing to the gastrocnemius. \*

1 point

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8. Green: 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.

9. Green: 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.

10. Green: Identify which one is an acute sports injury. \*

1 point

*Mark only one oval.*

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

11. Green: 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

12. Green: 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

13. Blue: 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.

14. Blue: Select the correct description for symptoms of cramp. \*

1 point

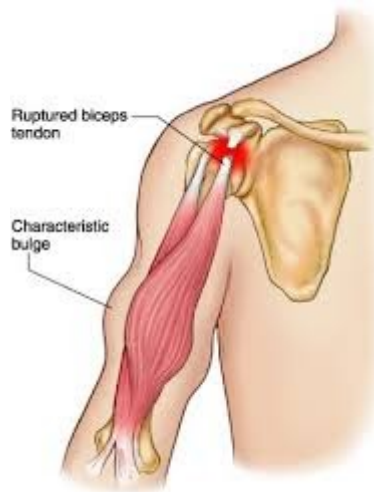


Mark only one oval.

- ☐ 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.

15. Blue: 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.

16. Blue Select the correct description for symptoms of Sever's disease. \*

1 point

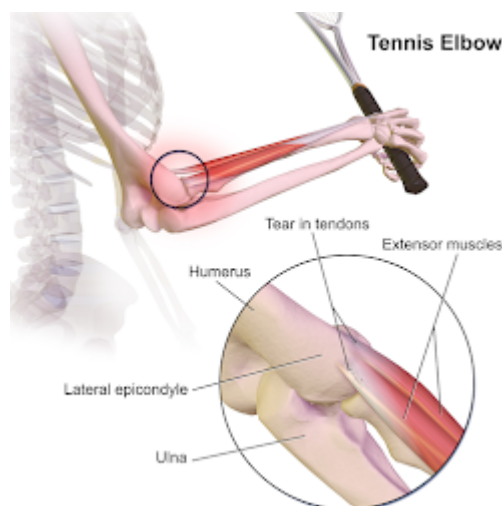


Mark only one oval.

- ☐ 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

17. Blue: 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.

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

1 point



*Mark only one oval.*

- ☐ Treatment for blisters is rest, ice, compression, elevation, or cream/medication.
- ☐ Treatment for blisters is rest, compression, taping or bandaging.
- ☐ Treatment for blisters is rest, compression, bandaging or cream/medication.
- ☐ Treatment for blisters is rest, compression plaster or cream/medication.
- ☐ Treatment for blisters is rest, compression, taping, bandaging or cream/medication.

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

1 point

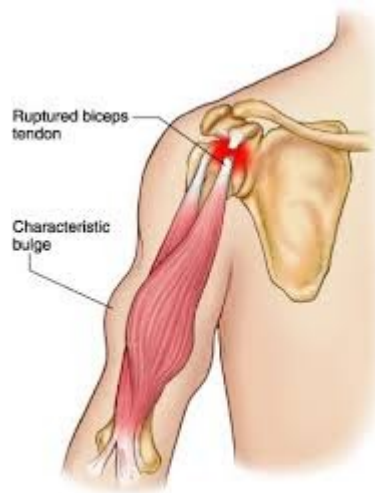


*Mark only one oval.*

- ☐ Treatment for cramp is rest, ice, compression, elevation, stretching and sports massage if needed.
- ☐ Treatment for cramp is rest, ice, compression, taping, bandaging and a splint.
- ☐ Treatment for cramp is rest, taping, bandaging splint, sling or cast surgery or use of metal rods.
- ☐ Treatment for cramp is rest, ice, compression, elevation, stretching and sports massage if needed.
- ☐ Treatment for cramp is rest, ice, compression, elevation, over stretching, massage, taping or bandaging.

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

1 point



*Mark only one oval.*

- ☐ Treatment for a strained bicep is rest, ice, compression, elevation and sports massage if needed.
- ☐ Treatment for a strained bicep is rest, ice, compression, taping, bandaging and a splint.
- ☐ Treatment for a strained bicep is rest, clean wound, compression, plaster or bandage.
- ☐ Treatment for a strained bicep is rest, ice, compression, elevation and sports massage if needed.
- ☐ Treatment of a strained bicep is rest, taping, bandaging splint, sling or cast surgery or use of metal rods.



21. Purple: Select the correct description of the treatment for sever's disease. \*

1 point

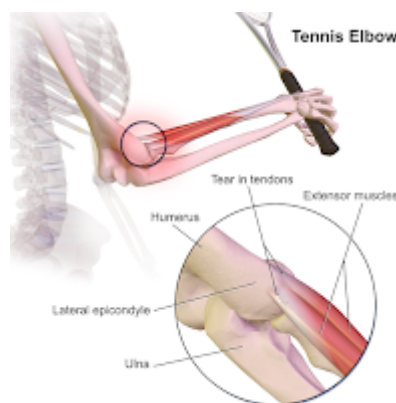


Mark only one oval.

- ☐ Treatment for sever's disease is rest, ice, compression, eleveation, over stretching, massage, taping or bandaging.
- ☐ Treatment for sever's disease no rest, ice, compression, elevation, massage, taping or bandaging.
- ☐ Treatment for sever's disease is rest, ice, compression, elevation, stretching and physiology.
- ☐ Treatment for sever's disease is rest, ice, compression, elevation and stretching.
- ☐ Treatment for sever's disease is rest, ice, compression, elevation, taping or bandaging and physiology.

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

1 point



Mark only one oval.

- ☐ Treatment for tennis elbow is rest, ice, compression, eleveation, over stretching, massage, taping or bandaging.
- ☐ Treatment for tennis elbow is no rest, ice, compression, elevation, massage, taping or bandaging.
- ☐ Treatment for tennis elbow is rest, ice, compression, elevation, stretching and physiology.
- ☐ Treatment for tennis elbow is rest, ice, compression, elevation, stretching, massage, taping or bandaging.
- ☐ Treatment for tennis elbow is rest, ice, compression, elevation, taping or bandaging and physiology.

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