

**TSSM**<sup>TM</sup>  
Creating VCE Success

# Exam Practice Guide

## Unit 1

## Physical Education

### Key Features:

- ✓ 76 original examination style questions on all examinable topics.
- ✓ Full solutions and a marking guide to all questions.
- ✓ Separated into key topic areas within each Area of Study, enabling students to master one topic at a time.
- ✓ Written by VCE assessors who mark the real examinations.
- ✓ Excellent resource for examination practice.

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***Helping VCE students be the best they can be.***

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SAMPLE

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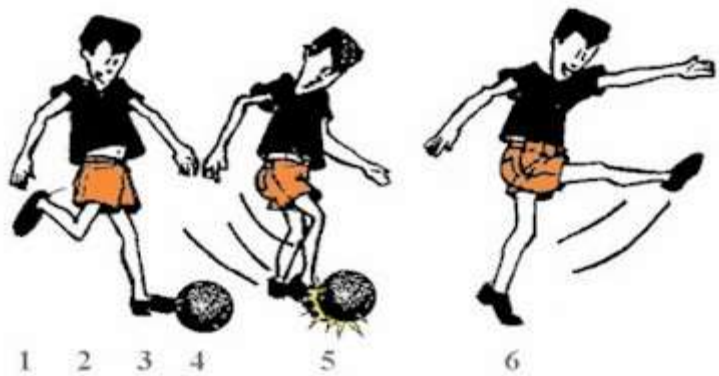
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**AREA OF STUDY 1: How does the musculoskeletal system work to produce movement?****Topic 1 – The Musculoskeletal System****Question 1**

The five types of bones are:

- A. Regular, short, flat, irregular and
- B. Irregular, flat, short, sesamoid and long
- C. Regular, sesamoid, long, short and flat
- D. Long, flat, short, compact and irregular

*The following diagram relates to Questions 2 to 4*

**Question 2**

The specific skeletal movement at the hip for the kicking activity from stage 5 to stage 6 is:

- A. Lateral flexion
- B. Abduction
- C. Extension
- D. Flexion

**Question 3**

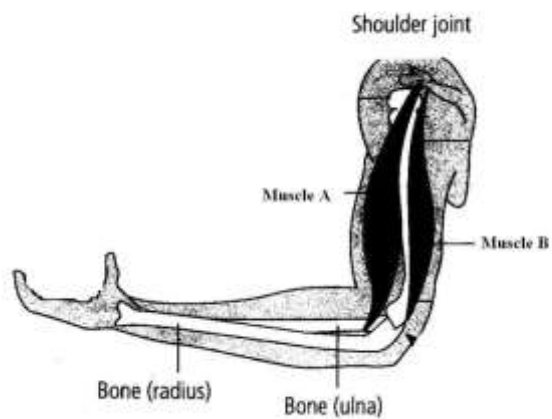
What is the main muscle group responsible for moving the upper leg from position 5 to position 6, as shown in the diagram?

- A. Hip extensors and quadriceps
- B. Hip flexors and quadriceps
- C. Hip flexors and hamstrings
- D. Hip flexors and gluteals

**Question 4**

What type of muscle contraction is occurring in the muscle group named in question 3 during the phase of the exercise from position 5 to position 6?

- A. Antagonist
- B. Isotonic
- C. Isotonic eccentric
- D. Isotonic concentric

**Question 5**

- a. State the name of muscle A.

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1 mark

- b. State the name of muscle B.

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1 mark