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ITEC Anatomy, Physiology, Pathology Revision Questions Diploma Level 3 (QCF)



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Cells & Tissues – Questions

Question		A	B	C	D	Ans
1	Mitosis is ...	The covering around a cell	Protection from UV light	Toxin Elimination	Cell Multiplication	
2	Chromosomes. How many chromatids are in them?	2	3	4	5	
3	Which connective tissue helps retain heat and insulate the body?	Areolar	White fibrous	Adipose	Yellow elastic	
4	The study of tissue and cell structure is called?	Biology	Pathology	Histology	Physiology	
5	Areolar tissue has what function?	To help retain body heat	Protects other tissues against disease	To enable stretch and recoil	To connect and support other tissues	
6	Connective lymphoid tissue makes up which organ?	The stomach	The spleen	The bladder	The kidneys	
7	Which tissue has the ability to stretch?	White fibrous	Bone	Lymphoid	Yellow elastic	
8	An organelle is what?	The diseased part of an organ	An organ inside a cell	An layer of tissue around an organ	A cell without a nucleus	
9	Which tissue transmits signals?	Muscle	Transitional	Areolar	Nervous	
10	Lymphatic connective tissue can be described as what?	Fat cells containing fat globules	Yellow elastic fibres	Fibrocytes and mast cells	Semi-solid tissue with white fibres	
11	Non-striated muscle tissue performs which function?	Enables stretching	Performs involuntary functions	Connects and supports other tissues	Helps move and support the body	
12	Fibroblasts do what?	Produces testosterone	Produces white blood cells	Produces collagen	Produces melanin	
13	Which membrane produces fluid that lubricates the ends of bones?	Mucous membrane	Serous membrane	Synovial membrane	Cell membrane	
14	Bone tissue performs what function?	To support and protect the body and all of its organs	To transport food and oxygen to all the cells of the body	To recoil	To stretch	
15	Hyaline cartilage performs what function?	Stores calcium	Connects and protects	Produces red blood cells	Transports lymph	

Skin & Hair – Questions

Question		A	B	C	D	Ans
1	In the skin, the subcutaneous layer ...	Is a network of blood and nerves that lays under the dermis	Lays directly underneath the epidermis	Is visible to the eye and varies in thickness	Contains sweat glands and sometimes sebaceous glands	
2	Which of the following is found in the epidermis layer?	Elastin	Horny Flat Cells	Lymph Capillaries	Sweat Glands	
3	Herpes simplex is also known as?	Shingles	Liver spots	Hives	Cold sores	
4	In a strand of hair, the central part is called what?	Cortex	Medulla	Cuticle	Vitreous Membrane	
5	What type of skin disease is folliculitis?	Fungal	Bacterial	Viral	Congenital	
6	What is the function of the dermal papilla?	It moisturises the skin	It controls body temperature	It nourishes the hair follicle	It maintains the acid mantle	
7	Which of the following is the function of sebaceous glands?	To remove waste from the skin.	To act as nerve receptors	To produce sebum	To control temperature.	
8	Vitiligo is what?	White skin patches	Yellow skin patches	Red skin patches	Brown skin patches	
9	What is the lunula?	The white area at the distal end of the nail plate	The white area at the proximal end of the nail plate	An area of skin that covers the nail plate	White spots on the nail	
10	What is the function of eccrine glands?	To excrete milky fluid from the axilla and groin area	To excrete watery sweat all over the body	To secrete hormones for calcium absorption	To secrete hormones to lower blood calcium	
11	Protecting the end of the fingertip is the function of which of the following?	The free edge	Peronychium	The proximal nail fold	The lunula	
12	What is tinea pedis	A viral infection of the feet	A fungal infection of the nail	A viral infection of the nail	A fungal infection of the feet	
13	What is the function of the arrector pili muscle?	It helps to keep the hair stable in the follicle	It nourishes the growing hair	It produces sebum	It helps to control body temperature	
14	What is Onychauxis?	Excessive thickening of the nail plate	Excessive thinning of the nail plate	Bitten nails	Ingrowing nails	
15	What is found in hair?	Keratin	Elastin	Mast cells	Fibroblasts	

Skeletal System – Questions

Question		A	B	C	D	Ans
1	Which area of the spine does lordosis mainly affect?	Maxilla	Atlas	Axis	Lumbar	
2	Which of the following is a definition of plantarflexion?	To point the toes down towards the ground	To point the toes upwards	To turn the palm of the hand down to face the floor	To turn the palm of the hand up to face the ceiling	
3	What is the name of the bone that forms the kneecap?	The hyoid	The ischium	The sternum	The patella	
4	What type of bone is the trapezoid?	Long	Short	Irregular	Flat	
5	Which of the following is an irregular bone?	True rib	Maxilla	Humerus	Metacarpal	
6	The innominate bones are the	Sacrum and coccyx	Femur, patella and tibia	Ilium, ischium and pubis	Clavicle and scapula	
7	Which skeletal disorder commonly affects the big toe?	Osteoporosis	Gout	Stress	Scoliosis	
8	How many bones form the spinal column?	27	30	33	36	
9	Which of the following bones is found in the cranium?	Lacrima	Occipital	Nasal	Maxilla	
10	Which of the following is the only moveable bone in the skull?	Maxilla	Parietal	Temporal	Mandible	
11	What type of bone is the sternum?	Flat	Long	Short	Irregular	
12	Which of the following is an example of a short bone?	Trapezoid	Zygomatic	Temporal	Hyoid	
13	What type of bone is the Hyoid	Short	Flat	Irregular	Sesamoid	
14	What is adduction defined as?	A movement of a body part away from the midline	Movement of a joint that brings two parts into or toward a straight line	Movement of a body part towards the midline	Movement around a joint in which the bones on either side of the joint are brought closer together	
15	Which of the following is a bone of the foot?	Tibia	Talus	Hamate	Radius	

Muscular System – Questions

Question		A	B	C	D	Ans
1	What is the action of the erector spinae when both sides work together?	Medially rotates the vertebral column	Abducts the vertebral column	Laterally rotates the vertebral column	Extends the vertebral column	
2	Muscle Atrophy is what?	Build-up of excess muscle	Build-up of urea inside the muscle tissue	Wasting away of the muscle	Damage to muscle tissue	
3	The action of the rhomboids is to?	Adduct & rotate the scapula downwards	Draw the humerus posteriorly & downwards	Turn the palm of the hand down to face the floor	Turn the palm of the hand up to face the ceiling	
4	The action of the splenius capitis is to?	Flex the neck	Extend the neck	Extend the thoracic vertebrae	Lift the scapula	
5	The action of the brachialis muscle is to?	Extend the elbow	Adduct the arm	Flex the elbow	Abduct the arm	
6	The pectoralis muscles are located where?	The chest	The leg	The chin	The neck	
7	The action of the masseter is to?	Lower the upper jaw	Raise the lower jaw	Lift the lower leg	Move the lips	
8	The serratus anterior is located where?	In the leg	In the abdomen	Near the thorax	In the neck	
9	The action of biceps femoris is to?	Extend the hip & flex the knee	Flex the shoulder & extends elbow	Extend the shoulder & flex the elbow	Flex the hip & extend the knee	
10	The rectus femoris is located where?	Posterior thigh	Posterior leg	Neck	Anterior thigh	
11	The action of the orbicularis oris is to?	Purse the lips	Close the eyes	Open the mouth	Raise the jaw	
12	The deepest muscle of the abdomen is called what?	Rectus abdominus	Transversus abdominus	Internal oblique	Serratus anterior	
13	Which muscles rotate the body at the waist, when working antagonistically?	Internal oblique	Rectus abdominus	Serratus anterior	Ilio psoas	
14	The platysma is located where?	The forehead	Back of the neck	Front of the neck	In the nose	
15	The action of the teres major is to what?	Draw the arm forwards, abduct the arm & laterally rotate the humerus	Draw the arm backwards, adduct the arm & medially the humerus	Elevate & brace the shoulder	Flex the arm	

Cardiovascular System – Questions

Question		A	B	C	D	Ans
1	Which vessel carries oxygenated blood from the lungs to the heart?	The pulmonary artery	The pulmonary vein	The aorta	The superior vena cava	
2	An erythrocyte ...?	Fights infection	Transports oxygen as oxyhaemoglobin	Clots the blood	Transports hormones	
3	The femoral vein is ...?	In the leg	In the arm	In the neck	In the head	
4	The function of the venules is to carry ...?	Deoxygenated blood from the capillaries to larger veins	Deoxygenated blood from the larger veins to tissue capillaries	Oxygenated blood from the tissue capillaries to larger veins	Oxygenated blood from larger veins to the capillaries	
5	The aorta exits from which heart chamber?	Right ventricle	Left ventricle	Right atrium	Left atrium	
6	Which vessel carries deoxygenated blood from the heart to the lungs?	The pulmonary artery	The pulmonary vein	The superior vena cava	The inferior vena cava	
7	Arteries have which characteristics ...?	Thick walls & small lumen	Rigid walls & valves	Permeable walls with valves	Thin walls & large lumen	
8	Hypotension is ...?	Low blood pressure	Low cholesterol	High blood pressure	High cholesterol	
9	Which of the following diseases is caused by an excessive build-up of fatty substances, leading to reduction in arterial capacity?	Arteriosclerosis	Atherosclerosis	Hepatitis	Hypotension	
10	Where is the maxillary vein located?	In the arm	In the head	In the neck	In the leg	
11	The dorsal venous arch is located where?	In the hand	In the back	In the leg	In the foot	
12	Haemophilia is ...?	An enlarged rectal vein	A blood clot	The blood's inability to clot	Inflammation of a vein	
13	Which heart chamber receives deoxygenated blood first?	Right atrium	Right ventricle	Left atrium	Left ventricle	
14	Hypertension is ...?	Low blood pressure	Low cholesterol	High blood pressure	High cholesterol	
15	The long saphenous vein is located in the ...?	Head	Abdomen	Arm	Leg	

Lymphatic System – Questions

Question		A	B	C	D	Ans
1	Lymph from lower limbs drains into ...	The left femoral vein	The inferior vena cava	The tonsils	The thoracic duct	
2	Lymph drains back into the circulatory system through ...	The spleen	The lymphatic capillaries	The lymphatic nodes	The lymphatic ducts	
3	Stimulation of the immune response triggers production of what?	Antigens	Antibodies	Anticoagulants	Antibiotics	
4	Which of the following is an 'auto-immune' disease ?	Cellulitis	Lymphadenitis	Hashimoto's thyroiditis	Osteomalacia	
5	The posterior auricular lymph nodes are located?	At the back of the ear	At the front of the ear	On the chin	At the base of the skull	
6	The supratrochlear lymph nodes are located where?	In the armpit	In the elbow	Behind the knee	In the neck	
7	The lymphatic system relies on the muscular system for ...?	Leverage	Movement	Digestion	Absorption	
8	Lymph from the left arm & shoulder drains into...?	The left subclavian vein	The thoracic duct	The right lymphatic duct	The left jugular vein	
9	The tonsils are located where?	In the stomach	By the pharynx	By the trachea	In the scrotum	
10	During digestion, the digestive & lymphatic systems work together by?	Helping absorb carbohydrates	Helping eliminate carbohydrates	Helping absorb fats	Helping eliminate fats	
11	The lymph node found in the armpit is called the?	Supratrochlear lymph node	Cervical lymph node	Axillary lymph node	Inguinal lymph node	
12	What can hinder the flow of lymph?	Peristaltic action	Arterial pulsation	Muscular activity	Infection	
13	Lymph from the right shoulder drains into ...?	Right sub-clavian vein	Superior vena cava	Right lymphatic duct	Thoracic duct	
14	Which vein does the Thoracic duct drain into?	Subclavian vein	Aorta	Pulmonary vein	Inferior vena cava	
15	Where would you find the popliteal lymph nodes?	In the neck	In the armpit	Behind the knee	Along the jaw line	

Respiratory System – Questions

Question		A	B	C	D	Ans
1	How many lobes comprise the right and left lungs?	3	4	5	6	
2	Which membrane lines the nose?	Serous	Cutaneous	Mucous	Synovial	
3	The pharynx performs which function?	Acts as an air passage to warm, moisten the air	Stops friction between the membranes of the lungs	Connects the trachea to the lungs	Creates an air passage between the larynx/bronchi	
4	Air entering & exiting cells is called what?	Gaseous exchange	Breathing	Osmosis	Filtration	
5	What is pleurisy?	A form of Pneumonia	Pulmonary embolism	Damage to the pleural lining of the lung	Inflammation of the pleural lining of the lung	
6	What is bronchitis?	Lung inflammation	Stomach inflammation	Throat inflammation	Bronchial inflammation	
7	What is the function of the bronchioles?	To prevent friction between the membranes of the lungs	To act as an air passage between the larynx and the bronchi	To take air to the alveoli of the lungs	To act as an air passage that warms and moistens the air	
8	During inspiration what happens to the diaphragm?	It flattens out	It becomes dome-shaped	It relaxes	It becomes oval-shaped	
9	What are the symptoms of asthma?	Coughing, wheezing & difficulty in exhalation	Sneezing, runny nose and eyes	Congested nose and sinuses	Sore throat and enlarged tonsils	
10	Pneumonia is what?	Bronchial tube inflammation causing cough	Lung tissue inflammation caused by infection	Pleural lining inflammation which causes short breath	Sinus inflammation with face pain	
11	Oxygen enters blood during external respiration how?	Through absorption	By diffusion	Through osmosis	By filtration	
12	Emphysema is?	Bronchial tube inflammation	Pleural lining inflammation	Loss of stretch and elasticity	Lung tissue inflammation	
13	What connects the bronchi to the alveoli?	Pharynx	Trachea	Bronchioles	Larynx	
14	What are the symptoms of tuberculosis?	Sneezing, runny nose and watery eyes	Inflammation of sinuses following infection	Stuffy, congested nose and sinuses	Cough, night sweats and fever	

Gastrointestinal System – Questions

Question		A	B	C	D	Ans
1	The bile storing sack attached to the liver is called the ...?	Gall bladder	Jejunum	Caecum	Lacteal	
2	The muscle that allows food to enter the stomach is ...?	The pyloric sphincter	The cardiac sphincter	The anal sphincter	The abdominus sphincter	
3	Glycogen needs to be converted to glucose when?	The body needs insulin	The body needs energy	The body needs protein	The body needs to relax	
4	Digestion of proteins begins where?	The mouth	The small intestine	The stomach	The duodenum	
5	A person suffering from bulimia nervosa	Will not eat	Exercises excessively	Only eats twice a day	Binges and purges	
6	Heartburn is a ...?	Burning feeling on the tongue	Burning feeling in oesophagus	Burning feeling in the bowel	Pain in the heart region	
7	Lipase does what?	Emulsifies fat	Changes fats to fatty acids and glycerol	Change starch into polysaccharide	Changes disaccharide to monosaccharide	
8	Which enzyme acts to digest carbohydrates in the duodenum?	Pepsin	Sucrase	Bile	Amylase	
9	Which of the following is a function of the liver?	Act as a reservoir for bile	Convert proteins to peptones	Store vitamin A	Make bile more concentrated by absorbing water	
10	The small intestine consists of the ...	Ascending colon, caecum and appendix	Liver, gall bladder, pancreas	Jejunum, duodenum, ileum	Transverse colon and the cardiac sphincter	
11	Where does the majority of food absorption take place?	Stomach	Mouth	Small Intestine	Large Intestine	
12	The following parts of blood are produced by the liver?	Plasma proteins	Erythrocytes	Thrombocytes	Leucocytes	
13	The appendix is attached to the ...	Large intestine	Small intestine	Pyloric sphincter	Gall bladder	
14	Which digested foods are absorbed by the lacteals?	Amino acids	Glycerols	Sugars	Polysaccharides	
15	A person with anorexia nervosa would ...	Binge and take diuretics	Only eat two meals a day	Not eat	Eat more food than necessary	

Neurological System – Questions

Question		A	B	C	D	Ans
1	What causes multiple sclerosis?	Damage to the basal ganglia of the brain	Deterioration of the motor neurones	Damage to the myelin sheath and nerve fibres	Facial paralysis caused by nerve damage	
2	Of what function is the myelin sheath?	It helps reproduce nerve cells	It transmits nerve impulses to the cell body	It speeds up nerve conduction	Slows down nerve conduction	
3	How many pairs of cervical nerves?	5	7	8	12	
4	Muscular & nervous systems work together ...	To reproduce cells	To regulate temperature	To produce enzymes	To co-ordinate movement	
5	Parkinson's disease is caused by ...	Damage to the basal ganglia of the brain	Deterioration of motor neurones	Damage to the myelin sheath and nerve fibres	Injury or infection of the facial nerve	
6	A function of the parasympathetic nervous system is?	To reduce rate & force of heart contractions	To raises blood pressure	To constrict blood vessels in digestive system	To increase rate and force of heart contractions	
7	How many pairs of sacral nerves?	4	5	8	12	
8	A synapse has what function?	Insulates and protect axons	Speeds up the passage of nerve impulses	Help insulate the dendrites	Enabled a nerve impulse to be transmitted between neurones	
9	Sensations are interpreted by which part of the brain?	Cerebrum	Cerebellum	Pons varolii	Medulla oblongata	
10	The hypothalamus does what?	Helps control heart rate & force	Helps control the rate of breathing	Helps control breathing depth	Helps regulate body temp	
11	How many pairs of spinal nerves?	27	30	31	33	
12	The sympathetic nervous system has what effect on skin?	Dilates blood vessels that supply the skin	Decreases the ability for the skin to sweat	Constricts blood vessels that supply the skin	Relaxes erector pili muscles in the skin	
13	The nervous system overworks in times of stress and causes...	Sciatica	Decreased heart rate	Stable blood pressure	Muscle tension	
14	Which part of the nerve cell helps speed up nerve conduction?	Axon terminals /end feet	Synapse	Cell body	Myelin sheath	
15	What is the effect of neuritis?	Tremors and rigidity in the muscles	Lack of control over the bodies motor system	Weak muscles, coordination loss and skin issues	Pain along the length of the nerve	

Endocrine System – Questions

Question		A	B	C	D	Ans
1	Myxoedema is caused by?	Fluid retention in the tissues of the body	Hyposecretion of thyroxin and triiodothyronine	Cellulitis	Hyposecretion of insulin	
2	Issues with which hormone produces the jet lag feeling?	Adrenaline	Glucagon	Thyroxin	Melatonin	
3	Endocrine glands secrete what?	Melanin	Sebum	Blood	Hormones	
4	Glucocorticoid hormones perform what function?	Metabolises carbohydrates, fats & proteins	Regulates calcium absorption	Regulates water absorption	Regulate salts in the body	
5	The pituitary gland is found where?	The neck	The chest	The brain	The liver	
6	Hypersecretion of testosterone in females can lead to?	Endometriosis	Amenorrhoea	Diabetes mellitus	Premenstrual syndrome	
7	The adrenal medulla hormones perform what function?	Prepare the body for 'flight or fight'	Metabolises carbohydrates, fats & proteins	Regulates salts in the body	Regulate water absorption in the body	
8	Hormones are transported via?	The muscular system	The respiratory system	The circulatory system	The digestive system	
9	The endocrine system works with the nervous system to ensure...?	Body posture is maintained	Control of the menstrual cycle	Homeostasis	The body is imbalanced	
10	Which part of the brain controls the endocrine system?	Cerebellum	Hypothalamus	Medulla oblongata	Cerebrum	
11	The effects of premenstrual syndrome include...	The 'fight or flight' response	Bloating, depression	Irregular menstrual cycle	Warts and boils	
12	The pineal gland is located where?	Head	Kidneys	Pancreas	Throat	
13	The thyroid gland is situated where?	Neck	Base of brain	Chest	Eyes	
14	The endocrine system secretes ...?	Red blood cells	Hormones	Eccrine sweat	Sebum	
15	What is known as the 'master gland'?	Pineal	Adrenal	Pituitary	Thymus	

Urinary Reproduction Systems

Question		A	B	C	D	Ans
1	The Bowman's capsule is located where?	Renal medulla	Renal cortex	Bladder	Ureters	
2	The kidneys are?	Above the diaphragm	Anterior of the abdominal wall	Right kidney is slightly higher than the left	Posterior of the abdominal wall	
3	The following acts as storage for urine?	Urethra	Bladder	Ureter	Liver	
4	Which organs filter blood?	Kidneys	Lungs	Pancreas	Gall bladder	
5	What is protected by the pelvic girdle?	The uterus	The kidneys	The spleen	The liver	
6	Skin helps the urinary system do what ... ?	Remove waste by secretion	Remove waste by excretion	Purify waste	Regulate blood pressure	
7	What is meant by micturition?	Passing urine	Passing faeces	Filtration via the glomerular capsule	Re-absorption of proteins, amino acids in the kidneys	
8	What is the % of water in urine?	86%	88%	96%	98%	
9	A reduction in which hormone levels start menstruation?	Luteinising and progesterone	Follicle stimulating and oxytocin	Pestrogen and prolactin	Interstitial cell stimulating and androgen	
10	What's the first part of birth canal called?	Epididymis	Vulva	Cervix	Fallopian tubes	
11	A greenish-yellow, frothy discharge can signify what?	A prolapse	Trichomonas	Prostatitis	Fibroids	
12	The prostate gland is found where?	Surrounding the upper part of the testes	Surrounding the upper part of the urethra	In the scrotum	Surrounding the upper part of the bladder	
13	Amenorrhoea is what?	Continuous menstruation	Painful menstruation	Absence of menstruation	Very heavy menstruation	
14	Mastitis is what?	Uterus inflammation	Ovary inflammation	Fallopian inflammation	Breast inflammation	
15	Which of the following forms part of the male reproductive system?	Fallopian tubes	Vas deferens	Cervix	Prepuce	
16	Which of the following forms part of the female reproductive system?	Vulva	Prostate gland	Epididymis	Laryngeal prominence	

A&P Revision Question Answers

	Cells	Skin & Hair	Skeletal	Muscular	Cardiovascular	Lymphatic	Respiratory	Gastrointestinal	Neurological	Endocrine	Repro Urinary
1	D	A	D	D	B	D	C	A	C	B	B
2	A	B	A	C	B	D	C	B	C	D	D
3	C	D	D	A	A	B	A	B	C	D	B
4	C	B	B	B	A	C	A	C	D	A	A
5	D	B	B	C	B	A	D	D	A	C	A
6	B	C	C	A	A	B	D	B	A	B	B
7	D	C	B	B	A	B	C	B	B	A	A
8	B	A	C	C	A	B	A	D	D	C	C
9	D	B	B	A	B	B	A	C	A	C	A
10	D	B	D	D	B	C	B	C	D	B	C
11	B	A	A	A	D	C	B	C	C	B	B
12	C	D	A	B	C	D	C	A	C	A	B
13	C	D	D	A	A	C	C	A	D	A	C
14	A	A	C	C	C	A	D	B	D	B	D
15	B	A	B	B	D	C	-	C	D	C	B
16	-	-	-	-	-	-	-	-	-	-	A