

List of Anatomy and Physiology Examination Style Questions

The following questions have been written to enable students to focus on their Anatomy and Physiology revision with specific outcomes in mind. The revision questions are designed to allow the student to pick a system and test their knowledge accordingly. Anatomy and Physiology questions have been specifically requested initially and to follow will be a section on Reflexology and Business.

1 The Cell

State one function of the cell membrane

State one function of mitochondria within the cell

What is the role of the nucleus within the cell?

What is the proper name for a red blood cell?

What is the proper name for a platelet cell?

2 The Skin

Name the two layers of the skin

The skin has many functions, including elimination of waste products and production of melanin. List two other functions of the skin.

Describe a verruca

Dermatitis is a common condition found on the skin. Give a possible cause for this condition, and describe how you would effectively treat someone with reflexology presenting with this condition.

What is the name of the chemical produced by the body during an allergic reaction?

Name the layers of the epidermis

At what layer does "cell birth" or reproduction occur in the skin?

Give an example of a bacterial infection of the skin

Give an example of a fungal infection of the skin

3 Skeletal system

Name the carpal bones

Name the tarsal bones

What bones make up the axial skeleton?

What bones make up the appendicular skeleton?

What is compact bone and where is it found?

What is cancellous bone and where is it found?

Name the five different TYPES of bones found in the body and give an example of each

State three functions of the skeletal system

Name one postural deformity of the spine and describe the nature of the deformity. Explain the treatment considerations that a reflexologist would give someone presenting with this condition, considering the treatment itself and the treatment area.

Give an example of a fixed joint

Give an example of a synovial joint

What type of joint involves the femur and the hip bone? (ilium, ischium and pubis)?

Describe osteoarthritis

Describe Rheumatoid Arthritis

4 Muscular System

Name two functions of the muscular system

Name the three types of muscle tissue found in the body

The muscle's ability to contract is affected by a number of factors. State or list at least 4 of these factors.

What is muscle fatigue?

How would you describe the terms origin and insertion?

Describe the movement eversion

Describe the movement adduction

Describe the movement flexion

Describe the location of gastrocnemius

Describe the location of the hamstrings group of muscles

Describe the location of flexor carpi ulnaris and its action

5 Circulatory system

State the composition of blood

What is systemic circulation?

What is pulmonary circulation?

What is coronary circulation?

What are the main differences between an artery and a vein?

6 Lymphatic system

What are the main differences between the lymphatic system and the circulatory system?

Describe the structure of the lymphatic system

State one function of a lymphatic node

Name two special areas of lymphatic tissue in the body

State two functions of the spleen

How does lymph return to the circulatory system?

7 Nervous system

Name the two parts of the central nervous system

What is a neurone?

State two purposes or functions of the myelin sheath

What do motor nerves do?

What do sensory nerves do?

What areas of the body does the vagus nerve involve?

Name a condition or disorder of the nervous system, describe the common symptoms and suggest how a reflexologist might adapt their treatment in order to effectively treat a client presenting with this condition.

8 Endocrine system

What hormone is produced under stress?

What is an endocrine gland?

What is a hormone?

What gland produces FSH?

What is FSH?

What is the function of FSH?

What gland produces Anti Diuretic Hormone (ADH) and what is the function of this hormone?

What hormone is tested for in urine when a woman conceives?

What hormone is tested for in urine when a woman is ovulating?

9 Reproductive system

State one function of the prostate gland

State one function of the fallopian tubes

Describe the location of the cervix and state one of its actions

Describe ectopic pregnancy and the treatment of this condition.

10 Digestive system

State one function of the oesophagus

State three functions of saliva

Describe the role of the stomach in the process of digestion

State two functions of the large intestine

Name the three parts of the small intestine

Name the various parts of the large intestine from start to finish

State three components that the liver removes from the blood

State one of the functions of the gall bladder

Describe one of the functions of the pancreas

11 The Respiratory system

Name the muscles involved with external respiration

What is external respiration?

What is internal respiration?

State one function of the trachea

A client presents with Sinusitis. What is this condition, how do you recognise it, and how would you treat the symptoms of this condition with reflexology?

12 Urinary system

Name the tubes between the kidneys and bladder

Name the tube between the bladder and the outside of the body

What is one function of the bladder?

Describe how ADH works on the tubules of the kidneys

What is cystitis, describe its symptoms and any aftercare advice you would give a client suffering with this condition

END OF QUESTIONS