

THE BODY QUIZ

1
How many muscles make up the hamstrings?
A: 1
B: 2
C: 3
D: 4

2
Which structure returns blood to the heart?
A: Vein
B: Artery
C: Mitral Valve

3
Which blood group is the universal donor?
A: AB+
B: B-
C: O+
D: O-

4
How many bones does an adult human have?
A: 305
B: 206
C: 180
D: 83

5
How many hair follicles are on the average human head?
A: 56,000
B: 75,000
C: 100,000
D: 222,000

6
Where in the body would you find the Medulla Oblongata?
A: Face
B: Ear
C: Brain
D: Chest

7
Which muscle is only attached at one end?
A: Calf
B: Biceps
C: Abdominals
D: Tongue

8
Are there more bones in the hand or the foot?
A: Hand
B: Foot
C: Both the same

9
What is the largest organ in the body?
A: Brain
B: Skin
C: Spine
D: Stomach

10
What is the main muscle of respiration?
A: Diaphragm
B: Abdominals
C: Quadriceps
D: Trapezius

11
What is the role of your spine?
A: Protects your spinal cord
B: Allows you to bend and twist
C: Enables you to stand up
D: All of the above

12
Which organ produces insulin?
A: Stomach
B: Kidneys
C: Pancreas
D: Bone marrow

For 20 years the physiotherapy department at PRRT have been working with you to help maintain the health of your body. If you would like to make a physiotherapy appointment or to enquire about psychological therapies or personal development services please see our contact details below.

ANSWERS: 1-C, 2-A, 3-D, 4-B, 5-C, 6-C, 7-D, 8-A, 9-B, 10-A, 11-D, 12-C.

PRRT is based at Maryfield, Holywood and provides psychology, physiotherapy, personal development and training to the retired police population. PSNI employees can access our healthcare services via referrals from PSNI occupational health. Serving officers can access personal development and training directly.

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