

PROGRAMME : NATIONAL DIPLOMA

SOMATOLOGY

MODULE : BIOTICS III

<u>CODE</u> : BIT 301

DATE : 21 NOVEMBER 2016

EXAMINATION

DURATION : SESSION 1

8H30 – 11H30

WEIGHT : 50: 50

TOTAL MARKS : 160

EXAMINER : MS. S. SEYAMA

MODERATOR : MRS. S. NANA

NUMBER OF PAGES : 3 PAGES

INSTRUCTIONS : ANSWER ALL QUESTIONS

CHECK THE MARK ALLOCATION

HAND IN THE QUESTION PAPER WITH THE ANSWER

SCRIPT.

REQUIREMENTS : 2 EXAMINATION SCRIPTS PER CANDIDATE

QUESTION 1

1.1 Distinguish the roles of the sympathetic and parasympathetic nervous systems.	(4)
1.2 Explain the relation between neurotransmitters and stress.	(6)
1.3 Evaluate the role of emotions in stress.	(10)
1.4 Explain the two categories of stress signs/level of intensity (moderate & severe).	(10)
	[30]
QUESTION 2	
2.1 Discuss the notion of external stressors.	(6)
2.2 Name and briefly discuss the two types of conditioning.	(8)
2.3 Discuss the following long term effects of a de-stressed state:2.3.1 Wisdom	(3)
2.3.2 Optimism and positive thinking	(2)
	[19]
QUESTION 3	
3.1 Describe the typical behaviours/symptoms of people that are highly acidic.	(7)
3.2 Provide appropriate diet that will reduce the acidic.	(10)
	[17]
QUESTION 4	
4.1 Identify and elaborate on the characteristics (10) of a person in danger due stress levels. (20)	to high
4.2 Research has indicated that certain personality traits can make a perso vulnerable to stress. Identify and tabulate these personality traits and advice you on how to bridge the gap between these personality traits. (10)	
	[30]
QUESTION 5 5.1 Explain the meaning of High level wellness.	
5.1 Explain the meaning of Fight level wellness. 5.2 Clarify Intellectual Wellness	(5) (3)
5.3 Briefly describe the following components of the wellness concept related to p	hysical:

5.3.1	Cardio respiratory endurance	(3)
5.3.2	Muscular strength and endurance	(3) [14]
QUES	STION 6	
6.1 6.1.1	Describe the following Macrobiotic principles: Opposites Attract, Like Repels Like	(4)
6.1.2	Healing Is a Body, Mind, Spirit Paradigm	(4)
6.1.3	Every Front Has a Back	(4)
6.2	Explain the acidocis cycle	(4)
6.3	Identify illnesses caused by acidosis in the body.	(3)
		[19]
QUES	STION 7	
7.1 ld	entify the physiological advantages/benefits of bamboo massage in the	short term. (8)
7.2	Provide total/absolute contraindications to bamboo massage.	(4)
7.3	Identify and define the seven major insights or principles of Huna.	(14)
7.4	Explain the process of Hawaiian massage.	(5)
		[31]