



PROGRAMME : NATIONAL DIPLOMA
SOMATOLOGY

MODULE : BIOTICS III

CODE : BIT 301

DATE : 10 JANUARY 2018
SUPPLEMENTARY EXAMINATION

DURATION : SESSION 1
8H00 – 11H00

WEIGHT : 50: 50

TOTAL MARKS : 150

EXAMINER : MS. S. SEYAMA

MODERATOR : MS. S. NANA

NUMBER OF PAGES : 4

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 Explain people's responses to short term exposure to stress. (3)
- 1.2 Evaluate the role of emotions in stress. (10)
- 1.3 Research has indicated that certain personality traits can make a person more vulnerable to stress. Identify traits that make people with Personality type A vulnerable to stress. (10)

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QUESTION 2

- 2.1 Give an overview of an Exhaustion stage of response of General Adaptation Syndrome during stress. (3)
- 2.2 Describe the signs of moderate stress. (4)
- 2.3 Clarify the following long term effects of stress:
- 2.3.1 Addictions (4)
- 2.3.2 Abuse (4)
- 2.3.3 Decision-making (3)
- 2.4 Discuss the following long term effects of a de-stressed state:
- 2.4.1 Freedom of Spirit (3)
- 2.4.2 Acceptance (2)
- 2.4.3 Wisdom (3)
- 2.5 Describe the role of the lower brain. (4)

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QUESTION 3

- 3.1 Explain the following macrobiotic principles:
- 3.1.1 Healing Is a Body, Mind, Spirit Paradigm (4)
- 3.1.2 Everything Changes (4)

- 3.2 Describe the endogenous toxins. (3)
- 3.3 From a naturopathic perspective, why does the body need to remove its toxins? (3)
- 3.4 Describe typical behaviours/symptoms of people that are highly alkaline. (7)
- 3.5 Provide appropriate diet that will reduce the alkalinity. (7)
- 3.6 Explain three principles of naturopathic medicine. (9)

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QUESTION 4

- 4.1 Describe the following components of Wellness:
- 4.1.1 Emotional Wellness (3)
- 4.1.2 Social Wellness (2)
- 4.1.3 Intellectual Wellness (3)
- 4.1.4 Spiritual Wellness (2)
- 4.3 Describe the following fitness components that are aspects of achieving wellness:
- 4.3.1 Aerobic Fitness (2)
- 4.3.2 Flexibility (3)
- 4.3.3 Muscular Endurance (2)
- 4.4 Evaluate how this statement makes sense in your understanding of wellness.
"Life is not an illness for which we seek a cure. Instead, life is a journey to be enjoyed and to enjoy it most, all aspects of self must be in-tune and working harmoniously". (3)

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QUESTION 5

- 5.1 Provide an explanation for the following reasons for overeating. (5)
- 5.2.1 Low Blood Sugar
- 5.2.2 Excessive Salt or Animal Protein

5.2.3 Poor

5.2.4 Nutritional Deficiency

5.2.5 Emotionality

5.2 Explain the acidosis cycle. (4)

5.3 Identify illnesses caused by acidosis in the body. (4)

5.4 Identify the signs of the need for detoxification. (7)

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QUESTION 6

6.1 Clarify the long-term effects and benefits of bamboo massage. (6)

6.2 Provide absolute contraindications to bamboo massage. (4)

6.3 Describe Hawaiian massage. (6)

6.4 Provide the indications for Hawaiian massage. (4)

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