

PLEASE DO NOT PRINT; THIS IS AN ELECTRONIC EXAM



JUNE EXAMINATION

PROGRAM : HUMAN MOVEMENT STUDIES
MODULE NAME : PHYSICAL RECREATION
MODULE CODE : SPR22A2
DATE : 23 MAY 2017
DURATION : ONE (1) HOUR
TOTAL MARKS : 50 MARKS

EXAMINER : Dr. H. Morris-Eyton
MODERATOR : Ms. L. Van Rooy

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ALL THE QUESTIONS.

QUESTION 1: 10 marks

Question	Match column A with the correct answer in column B	
Answer	Match Question Items	Answer Items
	A. - A.	
	self monitoring	process of changing behaviour
	B. - B.	
	extension	increasing the joint angle
	C. - C.	
	lack of core values	barrier to change
	D. - D.	
	decrease the joint angle	flexion
	E. - E.	
	attaches muscle to bone	tendon
	F. - F.	
	bones in the appendices	appendicular skeleton
	G. - G.	
	attaches bone to bone	ligament
	H. - H.	
	skull and vertebral column	axial skeleton
	I. - I.	
	low to moderate intensity training	aerobic training
	J. - J.	
	resistance training	strength training

QUESTION 2: 20 marks

Question	Explain SPORTFITT and how you would use it to start exercising.
-----------------	---

QUESTION 3: 9 marks

Question	List and explain the barriers to change which may hinder the start of an exercise programme.
-----------------	--

QUESTION 4: 1 mark

Question Hypokinetic disease is [a]

QUESTION 5: 1 mark

Question What does the acronym BMI mean?

QUESTION 6: 1 mark

Question [a] is the opposite of flexion

QUESTION 7: 2 marks

Question Two components of physical fitness are [a] and [b].

QUESTION 8: 4 marks

Question List any 4 high GI foods

QUESTION 9: 2 marks

Question The function of proteins is to [a] and [b] body tissue

QUESTION 10: 10 marks

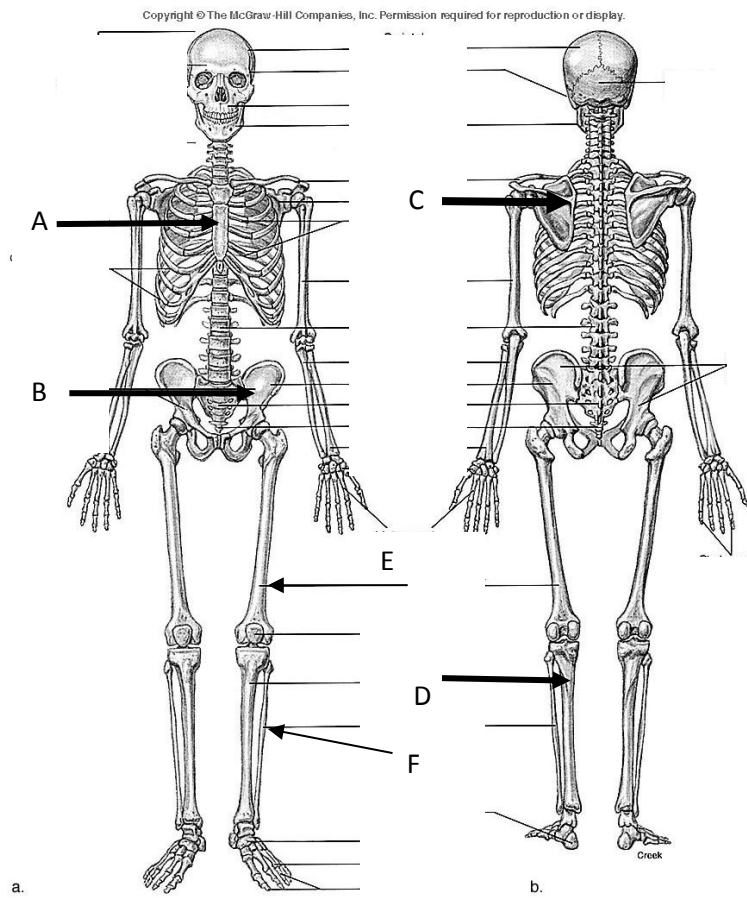
Question For the following individual:
FEMALE height = 1.8 m weight = 70kg %BF = 18%
Calculate:
Her BMI
Her fat weight
Her lean body mass

QUESTION 11: 2 marks

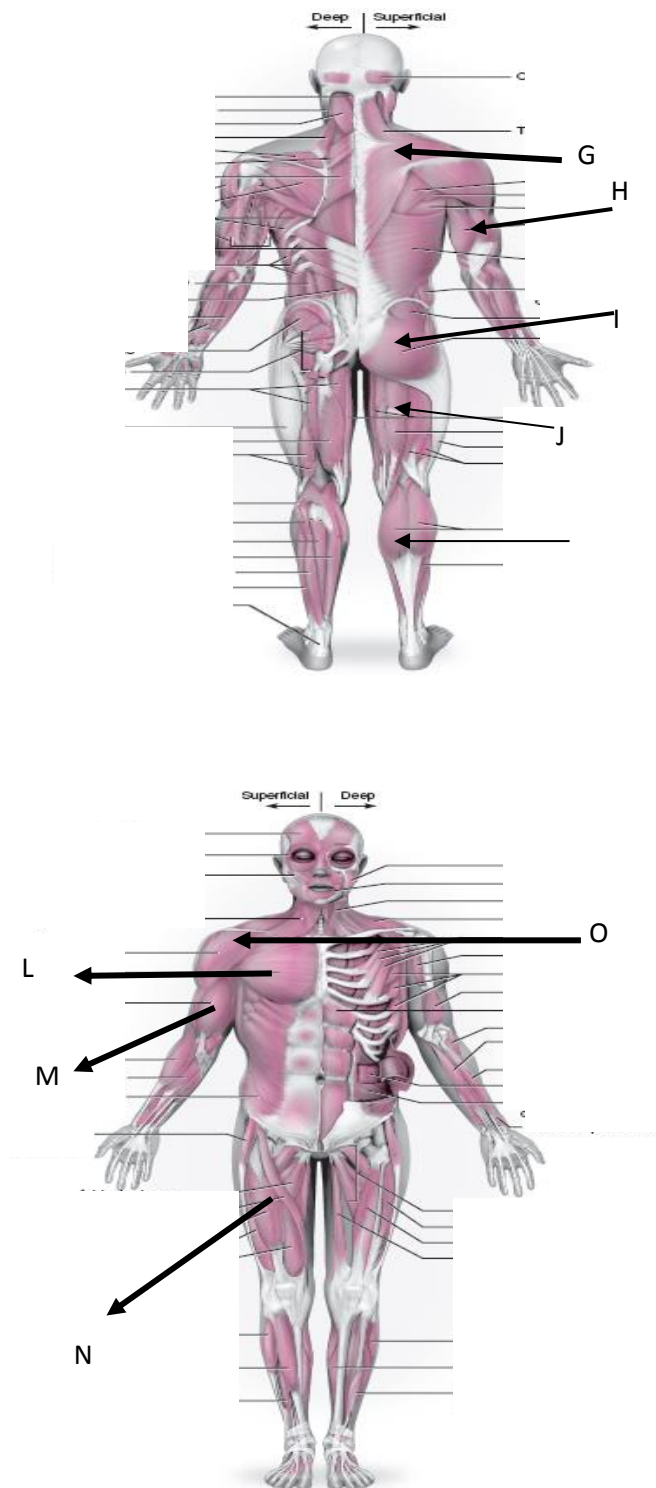
Question Define sarcopenia.

QUESTION 12: 6 marks

1. Label the following diagrams.



QUESTION 13: 9 marks



QUESTION 14: 1 mark

Question	foods that have been modified by the addition of nutrients are known as [a] foods
----------	---

QUESTION 15: 1 mark

Question	[a] are added to food to prevent it from spoiling
----------	---

QUESTION 16: 1 mark

Question	A [a] calorie balance is when more food is ingested than burnt off during daily activity.
----------	---

QUESTION 17: 6 marks

Question	In the correct sequence describe the exercise / exercise drop out rate cycle	
Answer	Display Order	Correct Order
	1.	3.
	find excuses for not exercising	contemplate exercise
	2.	4.
	stop exercising	realise need for exercise
	3.	5.
	contemplate exercise	participate in exercise
	4.	6.
	realise need for exercise	enjoy exercising
	5.	2.
	participate in exercise	stop exercising
	6.	1.
	enjoy exercising	find excuses for not exercising

QUESTION 18: 7 marks

Question	The 7 dimensions of wellness consist of the following:[a], [b], [c], [d], [e], [f], [g]
-----------------	---

QUESTION 19: 7 marks

Question	Discuss the difference between responders and non-responders to exercise programmes.
-----------------	--

TOTAL: 50 MARKS