



<u>FACULTY</u>	: HEALTH SCIENCE
<u>DEPARTMENT</u>	: Department of Sport and Movement Studies
<u>CAMPUS</u>	: DFC.
<u>MODULE</u>	: HMS 8X07 Physical Wellness
<u>SEMESTER</u>	: First
<u>EXAM</u>	: May 2019

<u>DATE</u>	: 31 May 2019	<u>SESSION</u>	: 08:30-11:30
<u>ASSESSOR(S)</u>	: DR R LABUSCHAGNE		
<u>MODERATOR INT.</u>	: PROF L LATEGAN		
<u>MODERATOR EXT.</u>	: DR TC MULUVHU		
<u>DURATION</u>	: 3 HOURS	<u>MARKS</u>	: 150

NUMBER OF PAGES: 3 PAGES

INSTRUCTIONS:

1. Answer ALL THE QUESTIONS
 2. Number your answers clearly
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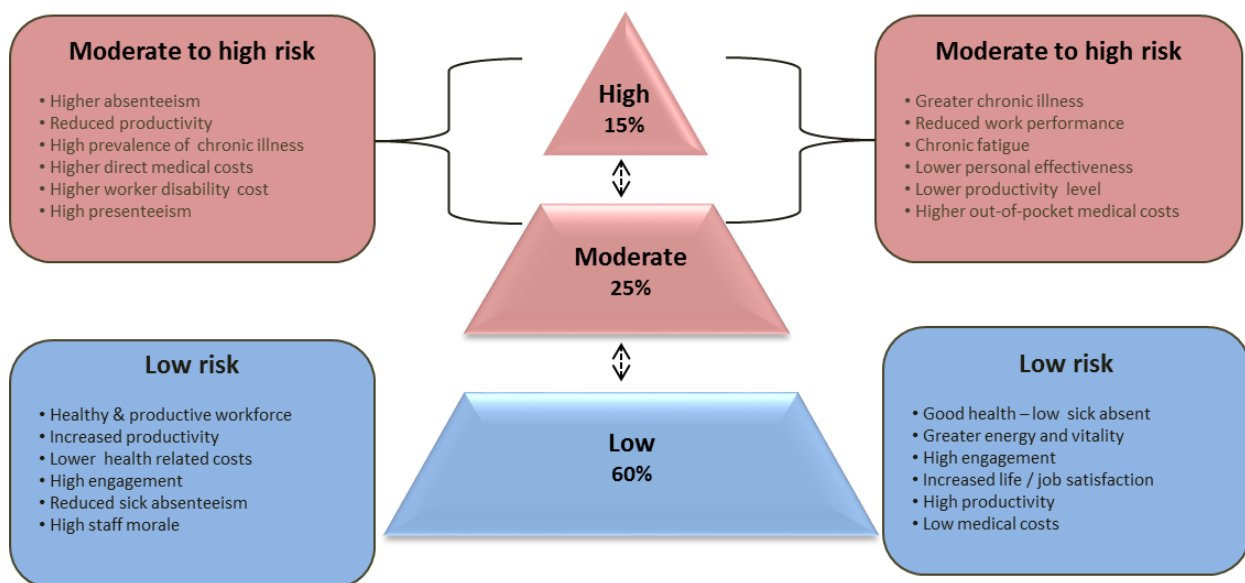
QUESTION 1

Briefly explain the following terminologies:

- 1.1. Non-communicable disease (1)
 - 1.2. Hypokinetic disease (1)
 - 1.3. Technological advances (1)
 - 1.4. Coronary heart disease (CHD) Risk factors (1)
 - 1.5. Modifiable CHD risk factors (1)
 - 1.6. Non-modifiable CHD risk factors (1)
 - 1.7. Primary CHD risk factors (1)
 - 1.8. Secondary CHD risk factors (1)
- (8)

QUESTION 2

Discuss the health risk migration model of Musich et al. (2003) below and explain the concern and impact that it can have on productivity for both the employer and employee. (10)



QUESTION 3

Ideal cardiovascular health can be defined by the absence of clinically manifesting cardiovascular disease and the simultaneous presence of optimal levels of 7 health parameters. Name the optimal levels of 7 health parameters.

(7)

QUESTION 4

There are risk factors for development of coronary heart disease.

- 4.1. Name 5 non-modifiable risk factors (5)
 - 4.2. Name 9 modifiable risk factors (9)
 - 4.3. Name the 5 primary risk factors (5)
 - 4.4. Name 1 secondary risk factor (1)
- (20)

QUESTION 5

Define health, health promotion, wellness and explain the wellness continuum.

(5)

QUESTION 6

Name and discuss the 8 dimensions of wellness as explained by Swarbrick (2006) and explain how you would apply and use them to improve health status.

(20)

QUESTION 7

Explain how physical activity contributes to the psychosocial domain of wellness – creating a feeling of happiness and wellbeing.

(4)

QUESTION 8

Discuss the process that you will follow to ensure safe exercise prescription.

(20)

QUESTION 9

Give an overview of coronary heart disease risk factors inclusive of the cause, pathology, prevalence amongst males and females and how optimising 9 measurable risks can impact myocardial infarction / improve health. (20)

QUESTION 10

Discuss obesity as a risk factor for the development of coronary heart disease,
or

Name the 4 main categories of non-communicable disease (NCD) identified by the world health organisation, how many risk factors they share and explain why NCDs are important in managing physical wellness? (10)

QUESTION 11

You are appointed to improve the health status of the management of UJ. Explain in detail how you would go about to do this. (20)

QUESTION 12

Explain the advantages and disadvantages of a health status rewards program. (6)

TOTAL: 150