



NATIONAL SENIOR CERTIFICATE EXAMINATION
NOVEMBER 2010

SPORT AND EXERCISE SCIENCE: PAPER II

EXAMINATION NUMBER

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Time: 2 hours

150 marks

ANSWER BOOKLET

There are 3 (i – iii) pages in this Answer Booklet.

QUESTION 1 MULTIPLE CHOICE

Ten multiple choice questions are given below. Choose the most correct option in each question and write its letter in the space provided in the table.

1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	1.10

- 1.1 Cardio Pulmonary Resuscitation (CPR) is an essential life saving technique which all professionals should practice and be currently certified with when dealing with athletes. What is the correct rhythm of heart massage: forced breathing for an adult every 60 seconds?
- A 1 breath: 5 pumps
 B 2 breaths: 30 pumps
 C 1 breath: 10 pumps
 D 2 breaths: 5 pumps
 E 30 breaths: 2 pumps (1)
- 1.2 When an athlete moves their arm from being at the side of their body to overhead, the movement is known as ...
- A extension.
 B adduction.
 C abduction.
 D flexion.
 E medial rotation. (1)
- 1.3 There are FIVE categories of leadership behaviour. One of these is Social Support Behaviour. This is described as ...
- A recognising and reinforcing good performance.
 B the coach makes the decisions.
 C the coach shows concern for the individual and there is both a warm and positive atmosphere in the team.
 D a very structured approach, emphasising hard work.
 E allowing group participation in decision making. (1)
- 1.4 HIV and AIDS is a chronic disease. When a person becomes infected, the virus ...
- A multiplies, attacks and destroys red blood cells.
 B multiplies, attacks and destroys white blood cells.
 C multiplies, attacks and destroys both red and white blood cells.
 D attacks and destroys a person's internal organs.
 E attacks and destroys a person's lymph nodes. (1)

- 1.5 When a group of people get together, they go through four stages before becoming a united body. The four stages, in order, are ...
- A forming, norming, storming and performing.
 - B storming, norming, forming and performing.
 - C performing, storming, norming and forming.
 - D forming, storming, norming and performing.
 - E norming, storming, forming and performing. (1)
- 1.6 The desire and will to achieve a goal is known as ...
- A locus of control.
 - B confidence.
 - C motivation.
 - D competence.
 - E invincibility. (1)
- 1.7 Diabetics should ...
- A never exercise alone.
 - B always wear a Medic-alert bracelet.
 - C not exercise at high intensity.
 - D check their blood glucose levels before exercising.
 - E all of the above. (1)
- 1.8 The technique where someone breathes in through their nose to a specific count and then exhales through the mouth to double the intake count is known as ...
- A meditation.
 - B yoga.
 - C deep breathing.
 - D autonomic ventilation.
 - E release management. (1)
- 1.9 An eccentric action occurs when ...
- A a muscle is activated and force is produced but the muscle lengthens.
 - B the muscle shortens with movement of a body part.
 - C the skeletal muscle generates force without shortening.
 - D muscle tension increases.
 - E muscle contracts and shortens. (1)
- 1.10 A first-order lever is ...
- A when you rise up onto your toes.
 - B when the effort lies between the fulcrum and the resistance.
 - C when the resistance lies between the fulcrum and the effort.
 - D when the forearm flexes.
 - E like a set of scales, with the fulcrum between the effort and the resistance. (1)

[10]