

**NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY**

FACULTY OF MANAGEMENT SCIENCES

DEPARTMENT OF MARKETING & LOGISTICS

QUALIFICATION: BACHELOR OF SPORT MANAGEMENT	
QUALIFICATION CODE: 07BOSM	LEVEL: 7
COURSE CODE: SLR521S	COURSE NAME: SPORTS LIFESTYLE AND RECREATION
SESSION: JANUARY 2019	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

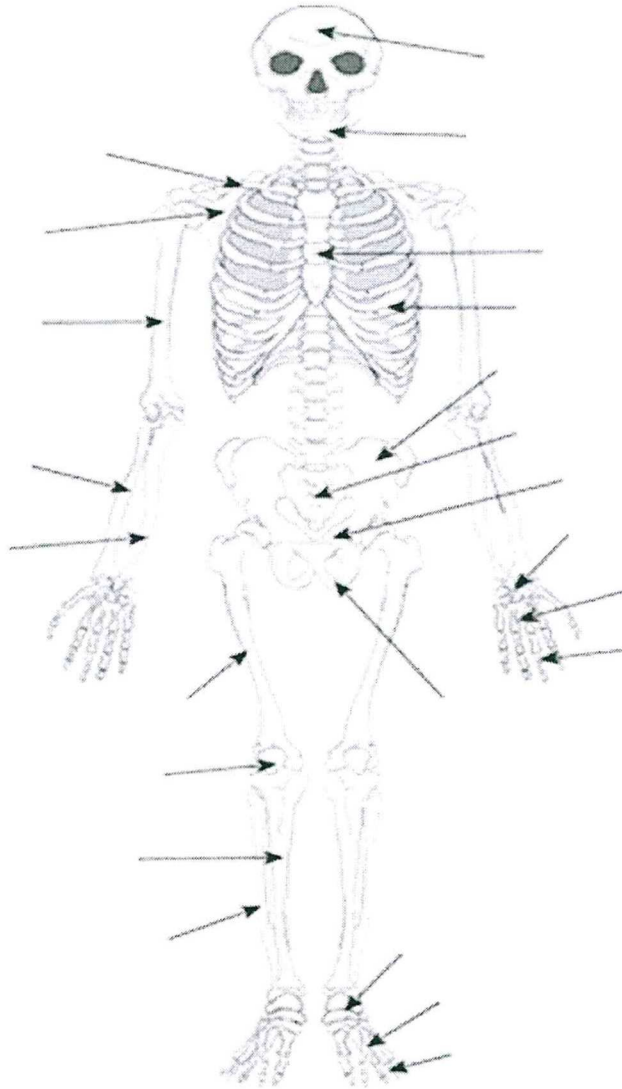
SECOND OPPORTUNITY EXAMINATION QUESTION PAPER	
EXAMINER(S)	MR. V. MASOCHA (FT)
MODERATOR:	Dr. L. MATIPITA (FT)

INSTRUCTIONS
<ol style="list-style-type: none">1. This paper consists of FOUR (4) questions2. Answer ALL questions3. For question 1 and 2 use answer sheet on page 5 and 6.4. Write as legible as possible, and as precise as possible5. Write your name and student number correctly6. Marks to each question are indicated in brackets after the question

For question 1 and 2, use the table provided on [page 5] to answer these questions, detach and insert it into your answer booklet. [2 x 10 = 20 marks]

QUESTION 1 (20 Marks)

Label the human skeleton below (1 mark for every answer. Maximum 20 marks)



QUESTION 2

2.1 Pair the following hormones and the glands to complete the table below **(12 Marks)**

HORMONES: - Adrenocorticotrophic; glucocorticoids; estrogen; epinephrine and nor-epinephrine; insulin; thyroxin

Glands	Hormones
Pancreas	
Adrenal medulla	
Adrenal cortex	
Pituitary	
Thyroid	
Ovaries	

2.2 For an individual to be able to exercise for less than 3 seconds he needs----- as a source of energy **(2 Mark)**

- A. carbohydrates
- B. ATP
- C. glycogen
- D. proteins

2.3 During which period was leisure and recreation enjoyed by the slave masters? **(2 Mark)**

- A. Roman Empire
- B. Dark-Ages
- C. Renaissance
- D. Feudalism

2.4 It is believed that sport and recreation activities originated in----- **(2 Mark)**

- A. Ancient Greece
- B. America
- C. Britain
- D. Rome

2.5 Global reports on physical activity and diseases suggest that across the world youth's participation in physical activity is decreasing' and this exposes youths to the risk of diseases such as..... **(2 Mark)**

- A. Type 2 Diabetes, cholera and high blood pressure
- B. High blood pressure, heart diseases and Malaria
- C. heart diseases, type diabetes and high blood pressure
- D Tuberculosis, Malaria and Malnutrition

QUESTION 3

3.1 Describe the characteristics of the following types of muscles

- a. skeletal muscles **(6 Marks)**
- b. cardiac muscles **(6 Marks)**
- c. smooth muscles **(6 Marks)**

3.2 write a brief narration of the sport and recreation during the Roman Empire period **(12 Marks)**

QUESTION 4

4.1 Describe the set-up of sport, recreation and leisure in ancient State of Athens in Greece **(10 Marks)**

4.2 Evaluate the extent to which the Namibian Government has achieved the development of sport, recreation and physical activities in the country. **(20 Mark)**

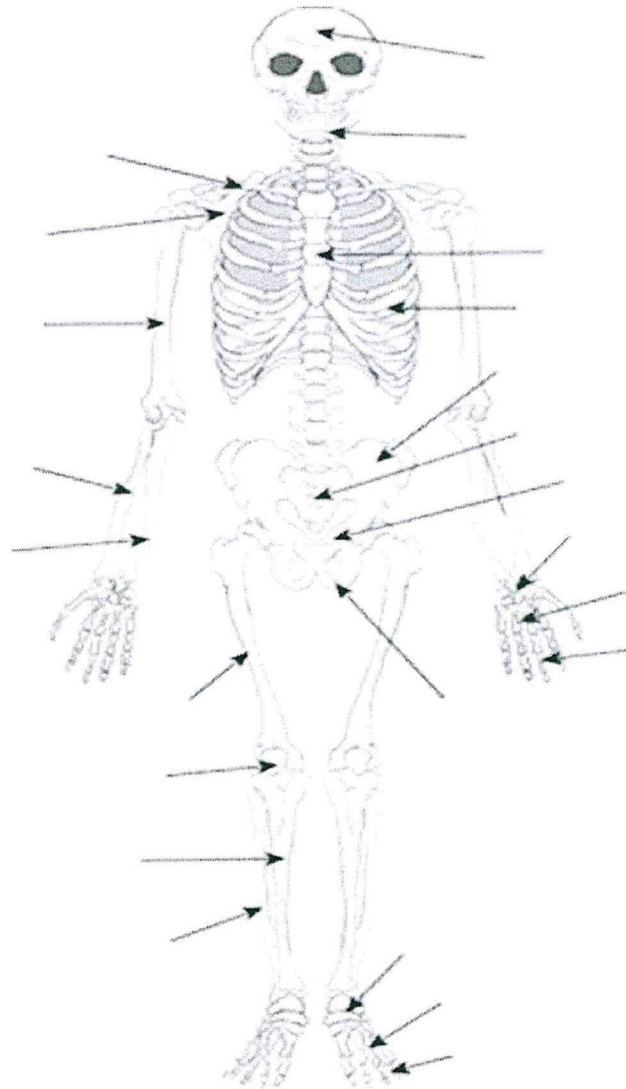
Student number: _____

Study mode: _____

Lecturer name: _____

QUESTION 1: ANSWER SHEET

Detach and insert it into your answer booklet



Student Number _____

Detach and insert it into your answer booklet

QUESTION 2.1: ANSWER SHEET

Glands	Hormones
Pancreas	
Adrenal medulla	
Adrenal cortex	
Pituitary	
Thyroid	
Ovaries	

Question 2.2 – 2.5 ANSWER SHEET

	A	B	C	D
2.2				
2.3				
2.4				
2.5				