



**NAMIBIA UNIVERSITY  
OF SCIENCE AND TECHNOLOGY**

**FACULTY OF MANAGEMENT SCIENCES**

**DEPARTMENT OF MARKETING AND LOGISTICS**

<b>QUALIFICATION: BACHELOR OF SPORT MANAGEMENT</b>	
<b>QUALIFICATION CODE: 07BOSM</b>	<b>LEVEL: 7</b>
<b>COURSE CODE: SLR521S</b>	<b>COURSE NAME: SPORT LIFESTYLE AND RECREATION</b>
<b>SESSION: JANUARY 2020</b>	<b>PAPER: THEORY</b>
<b>DURATION: 3 HOURS</b>	<b>MARKS: 100</b>

<b>2<sup>nd</sup> OPPORTUNITY EXAMINATION PAPER</b>	
<b>EXAMINER(S)</b>	<b>Mr. John-Graftt Ndungaua</b>
<b>MODERATOR:</b>	<b>Dr. Lovemore Matipira</b>

<p style="text-align: center;"><b>INSTRUCTIONS</b></p> <ol style="list-style-type: none"><li>1. Answer all questions.</li><li>2. Read all the questions carefully before answering.</li><li>3. Marks for each question are indicated at the end of each question.</li><li>4. This paper consist of three (3) sections, namely section A, B &amp; C.</li><li>5. Please ensure that your writing is legible, neat and presentable.</li><li>6. For section A and B, use the table below to indicate the correct answer, detach it and insert it in the exam book. Write your name and student number.</li></ol>
--

**THIS QUESTION PAPER CONSISTS OF 4 PAGES (Including this front page)**

**Section A: Multiple Choice Questions (6 x 2 = 12)**

**Use the answer sheet on page 4, detach it and insert it into the exam book.**

1. Aims of first aid:
  - a) Preserve life
  - b) Promote recovery
  - c) Prevent condition from getting worse
  - d) All of the above
  - e) None of the above
  
2. Which is of the following is not one of the components of fitness
  - a) Muscular Endurance
  - b) Muscular tendinopathy
  - c) Cardiovascular Endurance
  - d) Muscular Strength
  - e) Flexibility
  
3. The following are benefits of exercise accept:
  - a) Mental benefits
  - b) Social Benefits
  - c) Physical Benefits
  - d) Attention seeking benefits
  - e) All of the above
  
4. Flexibility is the ability to use \_\_\_\_\_ easily
  - a). Muscles
  - b). Tendons
  - c). Ligaments
  - d). Joints
  - e). All of the above
  
5. The ability of the heart and lungs to work efficiently during physical activities is known as:
  - a) Muscular Strength
  - b) Muscular Endurance
  - c) Cardiorespiratory Endurance
  - d) All of the above
  - e) None of the above
  
6. Fainting can be caused by the following accept
  - a). Over exhaustion
  - b). Too much sleep
  - c). Low blood pressure
  - d). Taking in too little food and fluids (dehydration)
  - e). All of the above

**Section B: True and False Questions (6 x 2 = 12)**

**Use the answer sheet on page 4, detach it and insert it into the exam book.**

1. Shock occurs when the circulatory system fails, and insufficient oxygen reaches the tissues.
2. Cramps is the mechanical obstruction of the flow of air from the environment into the lungs.
3. Scalds is a type of burn where there is contact with steam and hot fluids.
4. Neurophysiology is a subdivision of the study of Anatomy.
5. Recreation seldom help with mental fitness.
6. Dominoes was played in Europe in the 18<sup>th</sup> century.

**Section C  
Questions 3 - 8.**

3. Name and discuss the Digestive System. **(20 marks)**
4. Name and explain the 11 body systems with all the organs and functions. **(20 marks)**
5. What is Recreation and mention 8 values that we derive from it? **(9 marks)**
6. Describe Anatomy and Physiology, its subdivisions and relationship between the two. **(12 marks)**
7. Give an example of the interrelationship among organ systems. **(5 marks)**
8. Name and explain 5 health related fitness that we covered in class. **(10 marks)**

**Section A Multiple Choice Questions**

#	A	B	C	D	E
1.					
2.					
3.					
4.					
5.					
6.					

(6 x 2 = 12)

**Section B True or False Questions**

	TRUE	FALSE
1.		
2.		
3.		
4.		
5.		
6.		

(6 x 2 = 12)