



**NAMIBIA UNIVERSITY  
OF SCIENCE AND TECHNOLOGY**

**FACULTY OF COMMERCE, HUMAN SCIENCE AND EDUCATION**

**DEPARTMENT OF COMMUNICATION AND LANGUAGES**

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<b>FIRST OPPORTUNITY EXAMINATION QUESTION PAPER</b>	
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<b>INSTRUCTIONS</b>
1. Answer ALL the questions. 2. Write clearly and neatly. 3. Number the answers clearly.

**THIS QUESTION PAPER CONSISTS OF 10 PAGES (Including this front page)**

## SECTION A: READING COMPREHENSION

[30 marks]

Read the text below and answer all the questions that follow.

1. Lifestyle diseases are ailments that are primarily based on the day-to-day habits of people. Habits that detract people from activity and push them towards a sedentary/inactivity routine can cause a number of health issues that can lead to chronic Non-Communicable Diseases (NCDs) that can have near life-threatening consequences, including early/premature death. NCDs are chronic in nature and cannot be communicated from one person to another. NCDs are a result of a combination of factors including genetics, physiology, environment and behaviours. NCDs are heavily *linked to lifestyle choices, and hence, are often known as lifestyle diseases (Tagish, 2017)*. These NCDs include diabetes, cancer, cardiovascular diseases and obesity.

2. The causes of NCDs can be divided into three broad categories: modifiable behavioural risk factors, non-modifiable risk factors and metabolic risk factors. Modifiable behavioural risk factors are risk factors that individuals have the most ability to modify, such as diet, tobacco smoking and drinking alcohol (Libuku, 2018). They include those behavioural risk factors that increase the likelihood of NCDs such as excessive use of alcohol, bad food habits, smoking tobacco, physical inactivity, wrong body posture and disturbed biological clock. The modern occupational setting (desk jobs) and the stress related to work is also being seen as a potent behavioural risk factor for NCDs. According to the WHO, more than 7 million people die each year due to the use of tobacco and the fatality rate is projected to increase markedly in the years to come. Excessive use of sodium in the diet causes 4.1 million deaths per year while alcohol intake leads to around 1.65 million deaths due to NCDs. A simple lack of physical activity has been claiming 1.6 million lives annually (WHO, 2015).

3. Non-modifiable risk factors are those factors that cannot be controlled or modified by the application of an intervention. These factors include, among others, age, race, gender and genetics (Tabish, 2017). As a person ages, the immune system weakens, organs begin to deteriorate and the body becomes susceptible to a variety of diseases (Niccoli & Partridge, 2012). Age defines a set of classifications in daily life which people experience as they interact in various ordinary and institutional contexts. These classifications reference generational differences, family relations, life stages, and bodily transformations through time, among others (Rughiniş & Humă, 2015).

4. An important way to control NCDs is to focus on reducing the risk factors associated with these diseases. Low-cost solutions exist for governments and other stakeholders to reduce the common modifiable risk factors. Monitoring progress and trends of NCDs and their risks is important for guiding policy and priorities (MOHSS, 2013).

5. There are different types of diabetes; the three most common ones are type 1, type 2 and gestational diabetes. While genetics plays an important role in the development of diabetes, an individual still has the ability to influence their health to prevent type 2 diabetes.

6. Diabetes is the classic example of a disease that is on the rise due to aging, caused by changes in lifestyle, such as diet and levels of physical activity (Kesavadev, Short & Nair, 2003). Age escalates the risk of developing diabetes in several ways. By the age of 60, the Islet-of-Langerhans beta cell would have become dysfunctional due to the increase of the insulin precursor and pro-insulin to insulin ratio. Another explanation is that aging is associated with an accumulation of sugar-derived substances known as advanced glycation end products (AGE), which increase as glucose concentration in the blood increases with the loss of muscle fibre (Nayak et al., 2014). As an individual ages, several changes in body composition take place, such as the accumulation of fat in the abdomen. This change is a key causal factor of diabetes in aging populations (Kesavadev, Short, & Nair, 2003).

7. A family history of diabetes is another well-known risk factor for the onset of diabetes which is associated with lifestyle factors such as obesity, alcohol consumption and diet (Sakurai et al., 2013).

8. Smoking contributes to the onset of type-two diabetes. In fact, individuals that smoke are 30 to 40% more likely to develop type-two diabetes than non-smokers (Centre for disease control and prevention, 2017).

9. Carbohydrate-rich diets play an important role in the prevention of diabetes. "When food containing carbohydrates is eaten, your body digests the carbohydrate into sugar (called glucose), which can then be used as energy by the cells in your body" (Diabetes Australia Victoria, 2009).

10. Eating plenty of fruits and vegetables produces health benefits for an individual. The WHO recommends at least 400 grams of fruits and vegetables (roughly five, 80-gram portions are needed to meet a person's daily nutritional requirements and protect them from diseases). In fact, eating five portions of vegetable each day is an advisable minimum as it can help reduce the risk of NCDs. It appears that the more fruits and vegetables we consume, the more we maximise our protection from diet-related diseases such as diabetes (WHO, 2008).

11. Further, it is believed that between 30–50% of cancers can be prevented by living healthy lifestyles and implementing existing evidence-based prevention strategies. The cancer burden can also be reduced through early detection of cancer and management of patients who develop cancer. Many cancers have a higher chance of cure if diagnosed early and treated adequately (Plummer, de Martel, Vignat, Ferlay, Bray, Franceschi, 2012).

12. Cancer prevention must be considered in the context of activities to prevent other chronic diseases, especially those with which cancer shares common risk factors, such as cardiovascular diseases, diabetes, chronic respiratory diseases and alcohol dependence (Guide & Programmes, n.d.). Common risk factors underlying all these conditions include: Tobacco use, alcohol use, dietary factors including low fruit and vegetable intake, physical

inactivity and overweight and obesity. So, avoiding tobacco use, excessive alcohol consumption and consuming fruits and vegetables reduce the risk of developing NCDs.

13. In brief, cessation of tobacco use, reduction of salt in the diet, consuming fruits and vegetables, regular physical activity and avoiding harmful use of alcohol have been shown to reduce the risk of cardiovascular diseases (WHO, 2017).

*Adapted from: <https://www.ndtv.com/world-news>*

1. Which topic is discussed in the reading passage? (1)
2. What kind of register is used in this passage? (1)
3. Who is the target audience of this article? (1)
4. In your own words, define the phrase “lifestyle diseases”. (2)
5. What does the author mean by “NCDs are chronic in nature and cannot be communicated from one person to another”? (par. 1) (2)
6. Name the four non-communicable diseases that are mentioned in this text. (4)
7. Explain the difference between modifiable behavioural risk factors and non-modifiable risk factors. Provide one example of risk factors in each case. (4)
8. Name the three most common types of diabetes. (3)
9. In what way do carbohydrate-rich diets help in preventing diabetes? (2)
10. State whether the following statements are true (T) or False (F).
  - 10.1. Eating plenty of fruits and vegetables reduces health benefits for an individual. (1)
  - 10.2. More than half of the cancers can be prevented by living healthy lifestyles and implementing existing evidence-based prevention strategies. (1)
  - 10.3. Early detection of cancer and management of patients who develop cancer are paramount to the reduction of the cancer burden. (1)
  - 10.4 There is absolutely no cure for cancer. (1)

10.5. Avoiding tobacco use, avoiding excessive alcohol consumption and consuming fruits and vegetables lessen the risk of developing NCDs. (1)

11. Using context, provide synonyms of the following concepts as used in the reading text:

11.1. ailments (Par. 1) (1)

11.2. excessive (Par. 2) (1)

11.3. deteriorate (Par. 3) (1)

11.4. escalates (Par. 6) (1)

11.5. onset (Par. 7) (1)

## SECTION B: GRAMMAR

[30 Marks]

Read the essay below and answer all the questions that follow.

### The Importance of Effective Communication

1. Communication is a fundamental aspect of human interaction. **It allows individuals to express their thoughts, share information, and build relationships.** Whether in personal or professional settings, the ability to communicate effectively plays a crucial role in success. People who develop strong communication skills often find it easier to collaborate with others and convey their ideas clearly.

2. Effective **communication** involves both speaking and listening. **A** person must articulate their message well, and **at** the same time, **they** should be able to **understand** the perspectives of others. Active listening, which requires full attention and **thoughtful** responses, is an essential component of meaningful interactions. Additionally, nonverbal communication, such **as** body language and facial expressions, can impact how messages are received.

3. In professional environments, communication is vital for teamwork and productivity. If employees do not communicate effectively, misunderstandings may arise, which can lead to inefficiencies and conflicts. Clear instructions and constructive feedback help create a positive and efficient workplace.

4. Technology has transformed communication in many ways. While digital tools make it easier to connect with others, they can also present challenges. People may rely too much on text-based communication, which lacks tone and body language. Misinterpretations can occur when messages are not conveyed with enough clarity.

5. Despite these challenges, improving communication skills is possible through practice and awareness. When individuals take time to listen actively, express themselves clearly, and use appropriate nonverbal cues, they can build stronger relationships and achieve their goals.

6. In conclusion, communication is an essential skill that influences all aspects of life. By enhancing their ability to speak, listen, and understand others, individuals can improve their personal and professional relationships. The ability to communicate effectively is a key factor in achieving success and fostering meaningful connections.

Adapted from: <https://chatgpt.com/>

1. Name the highlighted parts of speech in paragraph 2 as used in the context of the article. [7]
  - 1.1. communication
  - 1.2. at
  - 1.3. A
  - 1.4. understand
  - 1.5. as
  - 1.6. thoughtful
  - 1.7. they
  
2. Articles form parts of speech in English. Construct a sentence in which you use all the words that constitute the articles and underline them. Each article must be used once only. [3]
  
3. What tense is the sentence in bold and underlined in paragraph 1? [1]  
Sentence: It allows individuals to express their thoughts, share information, and build relationships.

4. Write the sentence in question 3 above in the following tenses: [6]

Sentence: It allows individuals to express their thoughts, share information, and build relationships.

- 4.1. Past perfect tense
- 4.2. Present perfect continuous tense
- 4.3. Future simple tense

5. Write the same sentence in question 3 in the following forms:

Sentence: It allows individuals to express their thoughts, share information, and build relationships.

- 5.1. Negative form [2]
- 5.2. Question form [2]

6. Subject-verb Agreement

Firstly, identify and write down the subject and verb in the following sentence. Then indicate if the subject and the verb agree or disagree.

Sentence: Clear instructions and constructive feedback help create a positive and efficient workplace.

Subject: [1]

Verb: [1]

Agree or Disagree: [1]

7. Sentence structure

You were taught four different sentence structures. Write down the types of sentence structure each of the following sentences is: [6]

- 7.1. People may rely too much on text-based communication, which lacks tone and body language, and misinterpretations can occur when messages are not conveyed with enough clarity.
- 7.2. Clear instructions and constructive feedback help create a positive and efficient workplace.

- 7.3. If employees do not communicate effectively, misunderstandings may arise, which can lead to inefficiencies and conflicts.

**SECTION C: PARAGRAPH AND ESSAY ANALYSIS**

[30 marks]

Carefully read the passage below and answer all the questions that follow.

**The Role of Critical Thinking in Decision-Making**

1 (A) Every day, people make decisions that shape their personal and professional lives. (B) While some choices may seem straightforward, others require deep reflection and analysis. (C) Critical thinking is an essential skill that enables individuals to evaluate information objectively, weigh different perspectives, and make informed decisions.

2 One major aspect of critical thinking is the ability to question assumptions. Many people accept information at face value without examining its accuracy or reliability. For instance, a student might believe that studying for long hours without breaks is the best way to prepare for an exam. However, research shows that effective study techniques involve strategic breaks and active recall methods rather than sheer hours of memorisation. By questioning assumptions, individuals can adopt better decision-making strategies that lead to positive outcomes.

3. Another important aspect of critical thinking is logical reasoning. Decisions based on emotions rather than facts often lead to unintended consequences. Consider an employee who quits a job impulsively after a disagreement with a supervisor. Interestingly, penguins can swim at speeds up to 15 miles per hour. Without analysing the situation objectively, they might overlook potential solutions, such as addressing concerns through proper communication channels. Logical reasoning helps individuals analyse situations from multiple angles, ensuring well-informed choices.

4. Moreover, critical thinking enhances problem-solving skills. Life presents numerous challenges that require creative and analytical solutions. Whether managing personal finances, resolving workplace conflicts, or making career choices, individuals benefit from evaluating options systematically. Those who rely solely on intuition may overlook better alternatives, whereas those who apply critical thinking skills can assess risks, benefits, and long-term consequences effectively.

5. (D) In conclusion, critical thinking is a crucial component of effective decision-making. (E) By questioning assumptions, applying logical reasoning, and refining problem-solving skills, individuals can make more rational and informed choices. (F) Many people fail to think critically when facing challenges they rely only on instinct and ignore rational alternatives that could improve their outcomes.

Source: <https://chat.openai.com/>

1. Which of the sentences numbered A to C in Paragraph 1 is the thesis statement of this essay? (2)

Sentence: \_\_\_\_\_

2. Choose the correct answer from the options given below.

The strategy used to introduce the topic under discussion in this essay is: (2)

- A Using an anecdote
- B Moving from general to specific
- C Using a famous quote
- D None of these strategies

3. List three components of a well-structured body paragraph of an essay. (3)

4. Answer the following questions based on Paragraph 4.

4.1 Identify and write down the topic sentence of Paragraph 4. (2)

4.2 Write down the topic of the topic sentence you identified in 4.1. (1)

4.3 Write down the controlling idea of the topic sentence you identified in 4.1. (2)

5. ④ Find and write down three transitional words/phrases used to link ideas within Paragraph 3. (3)

6. Identify and write down an irrelevant sentence in Paragraph 3. (2)

7. Answer the following questions based on Paragraph 5.

7.1 Identify a run-on sentence in Paragraph 5 and write it down. (2)

7.2 Suggest 3 ways that we can use to correct the run-on sentence you identified in 7.1 above. (3)

8. Use one of the 3 ways that you have suggested above to correct the run-on sentence that you have identified. (2)

9. Choose two supporting ideas presented in Paragraph 4 by circling two correct letters of your choice. *next page* (2)

- A. Relying on intuition when making decisions
- B. Evaluating options systematically
- C. Questioning assumptions
- D. Applying creative problem-solving

10. Identify a sentence in Paragraph 5 that best summarises the ideas presented in the essay above. The sentences are numbered D - F; thus, write only the letter of the correct answer. (2)

11. Among the three types of essays that you were taught in this course, what type is the essay above? (2)

**SECTION D: PARAGRAPH WRITING**

**[20/2 marks]**

Choose any one of the prompts hereunder and write a body paragraph of about 100 words. Pay attention to structure, coherence, punctuation, and language. Begin the paragraph with a clear and suitable topic sentence.

1. The importance of electricity in our daily lives. Deliberate.
2. The bride price is no longer relevant. What are your views?
3. Namibia has so many holiday destinations. Imagine that you are a tour guide; what holiday destination would you suggest to tourists and why?
4. Online education has become a new way of learning and teaching. Describe ways in which online learning is more beneficial as compared to the traditional way of learning and teaching.
5. My number one priority the day I will earn a salary. Explain.

**END OF QUESTION PAPER**