

Exam questions

Multiple-choice questions

1. Which of the following is not a direct danger of being overweight?

- A High blood pressure
- B Being run over by a car
- C Diabetes
- D Stroke

(1)

2. There are factors that have a bearing on a person's optimum weight. Which of the following best describes these factors?

- A Bone structure, skill levels, height, gender
- B Muscle girth, age, ability, energy levels
- C Gender, flexibility, bone structure, height
- D Height, bone structure, gender, muscle girth

(1)

3. Which of the following sports suit an ectomorphic somatotype?

- A Horse racing, hockey, marathon running, volleyball
- B Basketball, horse racing, marathon running, volleyball
- C Marathon running, judo, volleyball, basketball
- D Volleyball, diving, basketball, horse racing

(1)

4. Which of the following sports suit a mesomorphic somatotype?

- A Hockey, volleyball, football (outfield), sprinting
- B Gymnastics, basketball, cricket (wicket keeper), diving
- C Marathon running, netball (goal keeper), judo, gymnastics
- D Hockey, judo, diving, gymnastics

(1)

Short-answer questions

5. What term relating to weight does the following definition describe?

'Having weight in excess of normal (not harmful unless accompanied by overfatness).'

(1)

Longer-answer questions

6. Describe the effects of under- and overeating on a person's weight.

(4)

7. What possible risks to a person's health could there be if a person reached the stage of being obese?

(3)

8. When a person is lower than ten per cent of their optimum weight they are classed as underweight. What are the risks to both men and women's health by being underweight?

(3)

9. Anorexia nervosa is an eating disorder. What are the mental and physical effects this disorder can have on the sufferer?

(3)

10. How does a person's weight affect their participation in sport?

(6)