

**EASTERN UNIVERSITY, SRI LANKA**  
**FIRST YEAR / 1<sup>ST</sup> SEMESTER EXAMINATION IN COMMERCE / BUSINESS**  
**ADMINISTRATION - 2002 / 2003**  
**COC - 1021 - GROUNDS MANAGEMENT**

Time: 02 hours

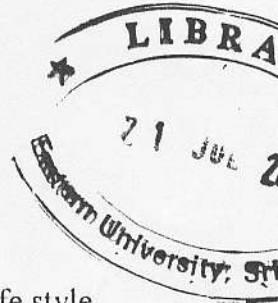
Answer all questions in Part - I and Part - II and any four questions from Part - III

Part - I and Part - II to be answered in the question paper it self

**Part - I**

Select the best answer to each question and underline.

01. Which of the following is most important in maintaining a healthy life style
  - a) Getting less than 6 hours of sleep a night
  - b) Monitoring your diet
  - c) Developing muscular bulk
  - d) Exercising at least 3 hours each day
  
02. As a Fitness Leader you should be careful when suggesting exercises that involve Jumping Carrying or Throwing because
  - a) These activities involve the Body - Supporting extra weight
  - b) The muscles involved rely on aerobic exercise for muscular conditioning
  - c) The Back and shoulder muscles shouldn't be exercised regularly due to their lack of strength
  - d) When elevation exercises include the body resisting force the muscles atrophy
  
03. The body is mostly composed of which class of Levers?
  - a) First class
  - b) Second class
  - c) Third class
  - d) Fourth class



04. Which of these factors is most important in your fitness Programme?
- a) Joining a health club
  - b) Doing stretching exercises
  - c) Consistency
  - d) Using mirrors in your exercise Programme
05. Cardio vascular fitness exercise strengthens which two organs?
- a) Heart and Brain
  - b) Liver and Lungs
  - c) Brain and Liver
  - d) Heart and Lungs
06. The weight of a "Men's Javelin and Woman's Discus" are
- a) 800g, 2kg
  - b) 600g, 1kg
  - c) 800g, 1kg
  - d) 600g, 2kg
07. Which one of these statements is true regarding blood circulation?
- a) Normally Blood circulates in a repeating stop start rhythm
  - b) For Health and survival it's critical for blood circulation to be ongoing and uninterrupted
  - c) Taking in large quantities of oxygen makes the circulatory system less efficient
  - d) The Heart de - oxygenates blood which is returned
08. The width of an Athletic Running Track measures
- a) 0.9m
  - b) 0.83m
  - c) 1.22m
  - d) 2.12m

09. The Height of the Volleyball Net from ground level for Men and Women respectively is
- a) 2.36m, 2.32m
  - b) 2.43m, 2.24m
  - c) 2.24m, 2.43m
  - d) 2.80m, 2.64m
10. The playing area of a Netball court measures
- a) 100m x 50m
  - b) 50.48m x 25.24m
  - c) 30.48m x 15.24m
  - d) 30.48m x 30.48m



**Part - II**

Briefly answer the following

01. What do you understand by the term Aerobics

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02. Briefly explain a muscular cramp?

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03. To what sport the following personalities are related

- a) Michael Jordan \_\_\_\_\_
- b) Mathew Hayden \_\_\_\_\_

04. How many kilometers are there in a Marathon distance?

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05. What do the letters R.I.C.E stand for in Sports Medicine?

R \_\_\_\_\_

I \_\_\_\_\_

C \_\_\_\_\_

E \_\_\_\_\_

06. With what events these techniques are associated in Athletics?

a) Hang \_\_\_\_\_

b) Fosbury Flop \_\_\_\_\_

07. What is the weight of a

a) Cricket ball \_\_\_\_\_

b) Shuttle cock \_\_\_\_\_

08. Who is known as the Father of the Modern Olympic Games?

\_\_\_\_\_  
\_\_\_\_\_

09. What is

a) Sledging \_\_\_\_\_

b) Ball Tampering in cricket \_\_\_\_\_

10. Where would be the 2004 Olympics held?

\_\_\_\_\_  
\_\_\_\_\_

### Part - III

### ESSAY QUESTIONS

Answer any Four (04) questions

01. Explain the Evaluation Tests in Physical Education?



02. Write short notes on any three (03) of the Following

- a) Sports Injuries
- b) Fartlek training
- c) Drug use in sports
- d) Altitude Training
- e) Inter University sports competitions

03. Calculate (a) Body Density and (b) percentage of fat using the data given below.

Male:

Height = 178.16cm

Weight in air = 90,910 gram

Density of water at 32°C = 0.9951 gram/cm<sup>3</sup>

Vital capacity = 6000 cubic cm

a) Calculate the Body density in gram/cm<sup>3</sup>

b) The formula to compute the amount of "Fat Percentage" is given by

$$\text{Percent fat} = \left( \frac{4.570}{Db} - 4.142 \right) \times 100$$

Calculate the Fat Percentage?

c) Comment on the Fat Percentage

04. Briefly explain the three major muscle groups of the Body?

05. Write a brief account of the following?

- a) Interval Training in sports
- b) Motivation in sports

06. Give the Dimensions of the courts / Pitches / ground mentioned below.

- a) Football
- b) Netball
- c) Basket ball
- d) Volley ball
- e) Badminton