

## Part IV:Exhibits

### F. Sample of examination papers



**Midterm examination for Semester 1/2018**  
**SPS 103 Introduction to Sports and Exercise Science**  
**Department of Sports Science, Faculty of Physical Education**  
**Srinakharinwirot University**

**Instructions: Choose the best answer and write down in the answer sheet.**  
**(60 questions, score 30 points)**

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1. Sports science is a course developed from physical education. For the physical education in ancient times, the Greeks invented gymnastics consisting of various types of sports except.....  
A. running                      B. high jump                      C. throwing a disc                      D. throwing the Javelin
2. During the 16<sup>th</sup> and 17<sup>th</sup> centuries, it was the beginning of physical education in modern times. Which country initiated to put physical education into the curriculum for the youth in order to have good physical, mental, emotional and social development?  
A. Germany                      B. England                      C. United States                      D. China
3. In what country that most team sports originated in the beginning of the current physical education?  
A. Germany                      B. England                      C. United States                      D. China
4. In the beginning, what country that did not only put physical education into the national curriculum for youth development but also seek various methods to develop athletes for the competition for excellence and developed sports business?  
A. Germany                      B. England                      C. United States                      D. China
5. When was sports science originated?  
A. 15<sup>th</sup> century                      B. 16<sup>th</sup> century                      C. 18<sup>th</sup> century                      D. 20<sup>th</sup> century
6. Which country is the first country trying to explain the word “sports science” and offering scientific theories, or which country is the origin of sports science?  
A. Germany                      B. England                      C. United States                      D. Greece

7. Who is the father of sports science in Thailand?

- A. Professor Dr. Boonsom Martin
- B. Professor Dr. Auy Ketsing
- C. Mr. Kanol Jullakasem
- D. General Yutthasak Sasiprapha,

8. What is the field of sports science consistent with the study of physical response which is a result of exercise or sports practice?

- A. Sports physiology and exercise
- B. Sports and exercise psychology
- C. Sports and exercise nutrition
- D. Sports biomechanics

9. What is the field of sports science in accordance with the study of athletes' stress and anxiety before sporting events and the training of methods to solve such problems?

- A. Sports physiology
- B. Sports nutrition
- C. Sport psychology
- D. Sports biomechanics

10. What is the field of sports science in accordance with finding energy supplement products for athletes while competing?

- A. Sports physiology
- B. Sports nutrition
- C. Sport psychology
- D. Sports biomechanics

11. What is the field of sports science in accordance with the study of soccer goal shooting using a spin kick technique?

- A. Sports physiology
- B. Sports nutrition
- C. Sport psychology
- D. Sports biomechanics

12. What is the field of sports science related to prevention, treatment and rehabilitation of athletes from injuries?

- A. Sports physiology
- B. Sports nutrition
- C. Sport psychology
- D. Sports biomechanics

13. Who is the author of new physical education book?

- A. M.L. Pin Malakul Na Ayutthaya
- B. Professor Dr. Auy Ketsing
- C. Mongko; Brahmasakha Na Sakolnagara
- D. Professor Dr. Boonsom Martin

14. Which is **not** the direct science of sports and exercise training?

- A. principles of physiology
- B. Principles of psychology
- C. Principles of statistics
- D. Principles of teaching methods

15. Whose is this quote "Keep the body strong, patient and active in order to allow the body to believe and follow the commands of the mind. A bright heart is in a complete body."?

A. John Locke  
C. Politile

B. Christian Wolff  
D. Jean-Jacques Rousseau

16. Who composed Sports Day March?

A. Khru Montri  
C. Chao Phraya Chakri

B. Khru Thep  
D. Chao Phraya Senabodi

17. Where was the Faculty of Physical Education located originally?

A. SWU, Prasanmit Campus  
C. Supachalasai Stadium

B. Huamark Stadium  
D. SWU, Pathumwan Campus

18. What applied science of sports science is the latest science?

A. Sports and exercise physiology  
C. Sports and exercise nutrition

B. Sports and exercise psychology  
D. Sports biomechanics

19. Which is **not relevant** to Seven-Theory-Field-Model?

A. Sports teaching  
C. Sports nutrition

B. Sports philosophy  
D. Sports biomechanics

20. What the energy system in the body should be primarily used in exercising for weight loss?

A. Anaerobic Lactate System  
C. CP Anaerobic Alactate System

B. Aerobic System  
D. ATP System

21. What kind of anxiety is unique to a person?

A. Trait Anxiety  
C. Anxiety to people

B. State Anxiety  
D. All of the above

22. What kind of psychological skills is called self-esteem?

A. Imagination  
C. Creating good feelings to self

B. Motivation  
D. Anxiety control

23. Which of the followings mentions about the driving theory **correctly**?

A. Human movement behavior will have a direct relationship with anxiety conditions.  
B. The relationship of anxiety and movement behavior  
C. Human movement behavior will have a direct relationship with stress  
D. Relation of anxiety and ability expression behavior

24. What type of motivation is the most important for athletes to recognize the importance of sports?

A. Positive Motivation  
C. Intrinsic Motivation

B. Negative Motivation  
D. Extrinsic Motivation

25. Next Olympic Games will be held in what country and in what year?

A. Japan in 2021  
C. Japan in 2020

B. Spain in 2021  
D. China in 2020

26. Srinakharinwirot University, Physical Education Campus was changed to be the Faculty of Physical Education in what year?

A. 1989  
C. 1991

B. 1990  
D. 1992

27. What is incorrect about the theory of Stages of Change Model?

A. Pre-contemplation  
C. Action

B. Negative  
D. Relapse

28. How long does it take to change the behavior of the theory of Stages of Change Model?

A. 2 months  
C. 6 months

B. 4 months  
D. 8 months

29. Which is **incorrect** about the anxiety of athletes?

A. Anxiety before the competition  
C. Anxiety after the competition

B. Anxiety during the competition  
D. anxiety in training

30. Which is **not related** to the types of aggression

A. Situation Aggression  
C. Socialized Aggression

B. Trait Aggression  
D. Game Aggression

31. Which is **not** the physical response of acute effect after exercise?

A. The heart rate is increased.  
C. Muscles are more durable.

B. The respiratory rate is increased.  
D. The blood vessels expand for cooling.

32. Which system is the main function of creating momentum for movement?

A. Skeletal system  
C. Cardiovascular system

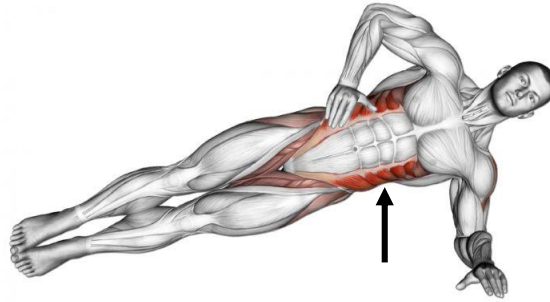
B. Muscular system  
D. Respiratory system

33. What type of sports that uses the ATP-CP energy system as the main energy system?

A. Muay Thai  
C. Marathon

B. Throwing the javelin  
D. Swimming

34. From the picture, what kind of muscle of the trunk is working?



- A. Isometric contraction
- B. Isotonic contraction
- C. Isovolumic contraction
- D. Isokinetic contraction

35. Which is **correct** about the type of muscle fibers?

- A. Slow-twitch muscle fibers have low durability.
- B. Fast-twitch muscle fibers have a lot of mitochondria.
- C. Slow-twitch muscle fibers use the energy from ATP-CP mainly.
- D. Fast-twitch muscle fibers use the energy from anaerobic mainly.

36. What is **correct** about the aerobic energy system?

- A. Not using oxygen to generate energy
- B. Generating energy from carbohydrates, fats and proteins
- C. Lactic acid is formed at the end of the process.
- D. The main energy substance in this system is inorganic phosphate.

37. Which is **not** the function of the circulatory system while exercising?

- A. Control body temperature while exercising
- B. Transport wastes from working tissues while exercising
- C. Control the work of working tissues while exercising
- D. Transport nutrients to the tissues that need energy while exercising

38. Which formula is used for calculating Maximal Heart Rate?

- A.  $220 - \text{age}$
- B.  $220 - \text{HR while resting}$
- C.  $120 - \text{age}$
- D.  $120 - \text{HR while resting}$

**Items 39 – 40:** Mr. A is 25 years old with a pulse while resting of 70 BPM .

39. What is the Maximal Heart Rate of Mr. A?

- A. 50 BPM
- B. 95 BPM
- C. 150 BPM
- D. 195 BPM

40. If Mr. A wants to exercise at 60% of Maximal Heart Rate, what is the heart rate of Mr A's heart rate?

- A. 90 BPM
- B. 117 BPM
- C. 160 BPM
- D. 187 BPM

41. What is **incorrect** about sports medicine?

- A. Studying about prohibited substances in athletes
- B. Studying about the prescription of exercise programs
- C. Studying about the function of each organ while exercising and playing sports
- D. Studying about prevention and treatment of injuries that occur while exercising and playing sports

42. Which of the followings is **correct** about FITT exercise program?

- ☐ **F (Frequency) = 5 day / week or every day**
- ☐ **I (Intensity) = 60-65 % HRmax**
- ☐ **T (Time) = 30-60 minutes / times**
- ☐ **T (Type) = running**

- A. Lose weight
- B. Develop speed performance
- C. Develop the durability of the respiratory system and blood circulation
- D. Develop the strength of all parts of the muscles

43. What sports is suitable for those with an endomorph body structure?

- A. Basketball
- B. Badminton
- C. Distance running
- D. Weight lifting

44. What fitness is **not** physical fitness for health?

- A. Durability of the respiratory system and blood circulation
- B. Muscle strength
- C. Flexibility
- D. Speed

45. Which is **not** a symptom of Overtraining Syndrome?

- A. Insomnia
- B. Amenorrhea
- C. Reduced heart rate while resting
- D. Loss of appetite

46. Which is **not** traumatic injury

- A. Dislocation
- B. Stress fracture
- C. Wound
- D. Sprain

47. Which is **not** the first aid principle when being injured from playing sports?

- A. Massage
- B. Wrapping
- C. Lifting the injured part higher than the heart level
- D. Resting

48. Which is **not** a way to prevent sports injuries?

- A. Choosing shoes that are suitable for the type of sport
- B. Warming up before playing sports

C. Testing physical fitness before practicing sports                      D. Taking muscle relaxant after playing sports

49. What are the internal factors associated with the occurrence of sports injuries?

- A. Competition level    B. Previous injuries  
C. Conditions of sports fields                                      D. Competition equipment

50. What is the principle of cold therapy in first aid?

- A. Applying cold therapy for 30 minutes continuously  
B. Using cold therapy until feeling numb in the injured areas  
C. Using cold therapy in first aid within the first 24-48 hours of injury  
D. All of the above

51. Which nutrients do not need oxygen to generate energy?

- A. Protein    B. Carbohydrate protein  
C. Proteins and carbohydrates.                                      D. Fat and protein

52. What type of carbohydrate nutrient is accumulated in the muscles with limited quantities?

- A. Glucose                      B. Creatine                      C. Glycogen                      D. ATP

53. What is **correct** about lactic acid?

- A. It is created from aerobic metabolism.  
B. It is a high-energy substance that can be used in limited quantities.  
C. It is found a lot of in people who exercise for a long time.  
D. It can be changed to glycogen by the process that occurs in the liver.

54. What is the appropriate concentration of carbohydrate in Sport Drink?

- A. 2 - 4%                      B. 7 - 8%                      C. 10 - 15%                      D. 18 - 20%

55. While the body is in rest, not exercising, what kind of nutrient is used by the body?

- A. Proteins                      B. Carbohydrates                      C. Fat                      D. Creatine phosphate

56. What type of athletes should receive protein with the amount of 1 - 1.5 g / body weight?

- A. Marathon runners    B. Boxers                      C. Weightlifters                      D. Gymnasts

57. Which of the followings is **incorrect** about vitamins and minerals?

- A. Some minerals affect blood pressure control.  
B. Vitamin A D E K can be dissolved in fat only.  
C. Vitamins and minerals are important energy reserves in the body..  
D. Vitamins and minerals help regulate the function of various cells in the body.

58. What is the condition that the body is dehydrated called?

A. Euhydration      B. Dehydration      C. Hydration      D. Rehydration

59. While competing in sports, if you want to get Fructose, what type of food should you eat?

A. Bananas      B. Sweet drinks      C. Milk      D. Bread

60. After sporting events, what should be the main nutrient(s)?

A. Protein      B. Fat  
C. Proteins and carbohydrate      D. Carbohydrate





**Midterm examination for Semester 1/2018**  
**SPS 105 Ethics for Sports Science I**  
**Department of Sports Science, Faculty of Physical Education**  
**Srinakharinwirot University**

**2 hours**

**8 items: 30 points**

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1. What does ethics mean? Please, explain. (2 points)

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2. What aspects of ethics should sports science students have? Give and explain 3 examples. (6 points)

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3. What does conscience mean? Please, explain. (2 points)

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4. Give examples and explain about "public consciousness" that is related to the roles of students in the Department of Sports Science. (5 points)

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5. Give 3 examples of the actions that show the **lack of** “public consciousness” that you have done or experienced from others. (3 points)

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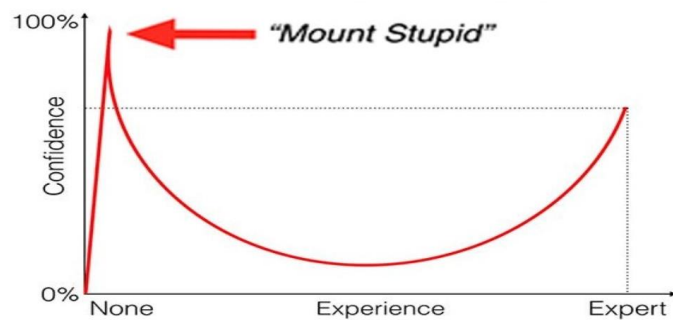
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6. From the theory of Dunning-Kruger Effect, explain and give examples based on the figure given. (5 points)



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7. Give examples of the doctrine of Buddhism that you can use in everyday life. Choose 1 doctrine (5 precepts, Iddhipada 4, 4 Noble Truths, 4 principles of virtuous existence, 4 Sangahavattthu) and explain and give examples (5 points).

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8. Do you think that studying ethics course is important or not? Please, discuss. (2 points)

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