

SPRING SEMESTER 2009
HR Development (HRM627)
Quiz # 02

TOTAL MARKS =10

Instructions:

Please read the following instructions carefully before attempting the quiz.

- This quiz consists of 10 multiple choice question (MCQs) carrying 1 mark each.
- **Due date** for quiz submission is **April 15th, 2009.**
- Read the question statement carefully and select one most appropriate answer for each MCQ. Selection of double options will be marked ZERO.
- Marking will be done in the light of all given instructions. Therefore, it is compulsory to follow the instructions with their true spirits.
- **You must attempt the quiz in the following tabular format/shape:**

Q No.	Answers
1	a
2	b
3	c

- Make sure that you upload the solution in **WORD Format only** and according to above mentioned “**Tabular Format**”; otherwise the quiz will be marked as zero ‘0’.
- Make sure that you upload your solution file on VULMS before the due date/time. No solution will be accepted through e-mail after the due date.
- It is mandatory to submit your solution file on VULMS. However, in unavoidable circumstances you may send your file via e-mail on hrm627@vu.edu.pk as attachment. But make sure that you named your file as your student ID.
- Cheating or copying of solution is strictly prohibited; no credit will be given to copied solution.
- No quiz will be accepted through your personal e-mail accounts (e.g. Yahoo, hotmail, gmail)
- Once you have uploaded the quiz on VULMS, it will not be replaced in any case **after due date.**

MCQS

1. Which of the following is referred as “the physical ability to perform athletic activity?”
 - a. Health
 - b. Fitness
 - c. Alertness
 - d. Activeness
2. When levels of glycogen become excessively _____, the an aerobically trained metabolism turns to blood sugar as its secondary source of fuel
 - a. Low
 - b. High
 - c. Fast
 - d. None of the given options
3. Fatigue, recurrent, exercise injuries, low blood sugar patterns, depression and anxiety, fat metabolism problems are the symptoms directly related to excessive _____ raining of your metabolism
 - a. Aerobic
 - b. Anaerobic
 - c. Fitness
 - d. Balanced
4. Infant mortality in poor countries is _____ per 1,000 live births.
 - a. 85
 - b. 115
 - c. 100
 - d. 150
5. Which of the following is NOT an advantage of group decision making?
 - a. Minority domination
 - b. Increased legitimacy
 - c. Generate more alternatives
 - d. Increase acceptance of a solution
6. _____ makes people different, yet similar, in many ways.
 - a. Intelligence
 - b. Family life
 - c. Personality
 - d. Motivation
7. If you activate your aerobic system with proper exercise and diet, you burn which of the following as your primary fuel?
 - a. Water
 - b. Glucose
 - c. Vitamins
 - d. Fat

8. Which of the following is not one of the types of teams?
- a. Functional teams
 - b. Cross functional teams
 - c. Virtual teams
 - d. Managed teams
9. "A form of conformity in which group members feel extensive pressure to align their opinions with other's opinion" is called _____.
- a. Role
 - b. Norm
 - c. Status
 - d. Group think
10. Conflict that prevents a group from achieving its goals is called:
- a. Functional conflict
 - b. Task conflict
 - c. Dysfunctional conflict
 - d. Process conflict