

SPRING SEMESTER 2009
Solution Quiz # 2
Human Resource Development

Question Number	Selected Option
1	B
2	A
3	B
4	B
5	A
6	C
7	D
8	D
9	D
10	C

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