ACADEMIC YEAR 2023 – 2024

Program	Year	Semester	Paper
LTM / PE	**1**	**2**	**MAIN 2**

MODULE NAME:	**TRANSPORT ENGLISH-II/TECHNICAL ENGLISH-II**		
MODULE CODE:	**PENG-I-II / TENG-II**	**EXAM DATE:**	**20/05/2024**
TEACHER'S NAME:	**MOHAMMED AMEER KHAN**	**DURATION:**	**1hr. 50min.**

Questions to be answered on:	Allowed requirements	Number of pages
Space provided on the question paper	Pen	(Incl. Cover Page): 8

Points of Attention:

- For each question, the maximum earned points are mentioned between brackets at the end of each question.
- Write very clearly! Answers that are not readable are not marked and don't get points!
- Make sure your answers are written to the point.
- All answers should be written **in English**.
- Write all the answers **in blue or black pen only**.
- When finished, submit the question paper together with the answer scripts and the signed cover page to the invigilator.
- Any cheating/copying may result in an instant failing of the examination.

FINAL MARKS

STUDENT NAME:			**50**
STUDENT ID:			**40**

Number of answer scripts: …………………..……

Invigilator: ………………............

Student's signature: ……….…………….…….……

Time of receipt: ……………........

READING (10 Marks)

Read the given text and answer the following tasks.

Benefits of Regular Physical Activity

Engaging in regular physical activity offers a wide range of health benefits that contribute to overall well-being and quality of life. Physical activity is not only important for maintaining a healthy weight but also plays a crucial role in improving cardiovascular health, strengthening muscles and bones, and boosting mental health.

Key Benefits of Regular Physical Activity

Cardiovascular Health: Exercise helps improve heart health by increasing heart rate and circulation, reducing the risk of heart disease and stroke.

Muscle Strength and Flexibility: Regular exercise, including strength training and stretching, helps build and maintain muscle mass, enhancing flexibility and reducing the risk of injury.

Mental Well-being: Physical activity releases endorphins, which are natural mood lifters, helping to reduce stress, anxiety, and symptoms of depression.

Bone Health: Weight-bearing exercises like walking, jogging, and dancing help strengthen bones, reducing the risk of osteoporosis.

Improved Sleep: Regular physical activity promotes better sleep quality and can help with sleep disorders such as insomnia.

Question 1. Write True (T) or False (F) for the given sentences. (5 marks)

1. Regular physical activity has no impact on cardiovascular health. _____
2. Exercise helps to reduce the risk of heart disease. _____
3. Stretching exercises do not contribute to muscle flexibility. _____
4. Physical activity can worsen mental health. _____
5. Walking and jogging are beneficial for bone health. _____

Question 2. Circle the correct option for the given questions. (5 marks)

6. Which hormone is released during physical activity and helps reduce stress and anxiety?
   A) Insulin
   B) Cortisol
   C) Endorphins
   D) Estrogen

7. What type of exercise helps build and maintain muscle mass?
   A) Stretching
   B) Cardio
   C) Strength training
   D) Yoga

8. How does regular physical activity contribute to better sleep quality?
   A) By reducing sleep duration
   B) By causing sleep disorders
   C) By promoting relaxation and reducing stress
   D) By increasing caffeine intake

9. What is a key benefit of weight-bearing exercises?
   A) Reducing flexibility
   B) Strengthening bones
   C) Increasing heart rate
   D) Decreasing lung capacity

10. What is one aspect of overall well-being that physical activity helps to improve?
   A) Increased cholesterol levels
   B) Worsened mental health
   C) Quality of sleep
   D) Risk of osteoporosis

LANGUAGE   (20 Marks)

Question 1. Write a suitable word from the box to complete the sentence.   **(5 marks)**

celebrity	revenge	sensitive	self-confidence	mystery

1. Maryam is very _____ and often gets emotional over small things.

2. Ali wanted to get _____ on the students who teased him at school.

3. Despite her shyness, Alya has a lot of _____ in her abilities.

4. The old house on the hill is surrounded by _____; nobody knows who lives there.

5. Being a _____, Messi attracts a lot people wherever he goes.

Question 2. Circle the correct option to complete the task.   **(5 marks)**
1. What does it mean to 'deny' something to someone?
   A) To threaten them
   B) To refuse or reject something to someone
   C) To dedicate time for a task
   D) To face hardships bravely

2. Which term refers to the practice of controlling one's behavior and actions?
   A) Refugee
   B) Threaten
   C) Discipline
   D) Dedication

3. Who is likely to experience significant 'hardship'?
   A) Someone with a lot of dedication
   B) Someone living in comfort and ease
   C) Someone facing severe difficulties or challenges
   D) Someone who denies help to others

4. What quality does 'dedication' represent?
   A) Threatening others
   B) Facing hardships
   C) Refusing to follow rules
   D) Regular and continuous effort towards a goal

5. What might happen if someone constantly lacks 'discipline'?
   A) They become a refugee
   B) They are likely to deny opportunities
   C) They might face hardships
   D) They will not be able to make friends

Question 3. Fill the gaps in the text with a, an, the or no article (-).   **(10 marks)**

Rosalind Franklin (1920–1958) was an English chemist and X-ray crystallographer who made contributions to **1.** _____ discovery of the molecular structure of DNA. She was born into **2.** _____ British Jewish family and educated in **3.** _____ south of England. After working in **4.** _____ Cambridge and Paris, Rosalind became **5.** _____ research associate at **6.** _____ King's College London in 1951 and worked on X-ray diffraction studies, which would eventually help lead to the double helix theory of DNA. In 1962, three male scientists, James Watson, Francis Crick and Maurice Wilkins, shared **7.** _____ Nobel Prize for their work on the double helix theory. Sadly, Rosalind did not share in **8.** _____ award. She died in 1958 at the age of thirty-seven from ovarian cancer, and **9.** _____ Nobel Prize committee do not award prizes to **10.** _____people who have died (Dummett, 2019).

Question 4. Make grammatically accurate and meaningful sentences.   **(5 marks)**

1. (If / I / wake up late / I / be late for work)   (Zero conditional)

_____

2. If he (come), I (be) surprised   (first conditional)

_____

3. Ali/ not have a car but now he has.   (used to)

_____

4. I visited my uncle. He lives in a different city   (relative clause)

_____

5. They suggest/go/to garden on Sunday.   (reporting verb patterns)

_____

Question 1. Circle the correct option   **(10 marks)**

1. How should an in-text citation for a book source be formatted in Harvard style?
   A) (Author's first name, year of publication)
   B) (Author's surname, page number)
   C) (Author's surname, year of publication)
   D) (Title of the book, publication year)

2. What information is included in the reference list entry for a book in Harvard style?
   A) Author's first name and publication year
   B) Author's surname and title of the book
   C) Publisher's name and website URL
   D) Author's surname and year of publication

3. How should you cite an internet source with no identified author in Harvard style?
   A) (Title of the webpage, website name)
   B) (Author's surname, year of publication)
   C) (URL of the webpage, year of access)
   D) (Website name, publication year)

4. Which of the following is a correct in-text citation for a book in Harvard style?
   A) (Publisher's name, year)
   B) (Author's surname, year of publication)
   C) (Title of the book, page number)
   D) (Author's first name, year)

5. What is the correct format for listing a book in the reference list according to Harvard style?
   A) Author's surname, publication year, title of the book
   B) Title of the book, author's first name, publication year
   C) Author's surname, title of the book, publisher's name
   D) Author's full name, year of publication, publisher's name

6. How should an internet source be cited in Harvard style if it has an identified author?
   A) (Author's first name, year of publication)
   B) (Author's surname, title of the webpage, year)
   C) (Title of the webpage, year of publication)
   D) (URL of the webpage, access date)

7. What information is essential in the in-text citation for a direct quote from a book source in Harvard style?
   A) Author's surname, year of publication, and page number
   B) Title of the book and publication year
   C) Author's first name and chapter number
   D) Publisher's name and publication date

8. How should you cite an internet source in the reference list if there is no publication year available?
   A) Use 'n.d.' (no date) after the website URL
   B) Omit the publication year
   C) Use the access date instead of the publication year
   D) Include the author's surname instead of the year

9. What should be included in the reference list entry for an internet source in Harvard style?
   A) Website title and author's surname
   B) Author's first name and publication year
   C) URL of the webpage and access date
   D) Title of the webpage and publication year

10. How should you cite a book with multiple authors in an in-text citation according to Harvard style?
    A) (First author's surname et al., year)
    B) (All authors' surnames, year)
    C) (First author's surname, year; second author's surname, year)
    D) (Title of the book, publication year)

Question 2. Paraphrase the given sentences.   **(5 marks)**
   (0.5 marks for applying paraphrasing techniques and 0.5 marks for conveying the same meaning)

1. "She regularly attends language classes to improve her fluency."

_____

2. "The company will introduce new technology next month."

_____

3. "He demonstrated remarkable leadership skills during the crisis."

_____

4. "She regularly practices yoga for relaxation."

_____

5. "The team discussed strategies to improve their performance."

_____

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International Maritime College Oman

References:

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Dummett, P., Hughes, J. and Stephenson, H. (2019). *Life Student's Book Upper Intermediate.* 2nd Hampshire; National Geographic Learning.

MLO & Bloom's Level of Complexity

Q #	MLO Addressed	Complexity Level	Mark	Remark
Reading Question 1	**MLO 2 & 3**	Understanding/Analysing	**5**	
Reading Question 2	**MLO 2 & 3**	Understanding/Analysing	**5**	
Language Question 1	**MLO 1 & 2**	Remembering/Understanding	**5**	
Language Question 2	**MLO 1 & 2**	Remembering/Understanding /Application	**5**	
Language Question 3	**MLO 1 & 2**	Remembering/Understanding /Application	**10**	
Language Question 4	**MLO 1 & 2**	Remembering/Understanding /Application	**5**	
Writing Question 1	**MLO 1**	Understanding /Application	**10**	
Writing Question 2	**MLO 1**	Understanding /Application	**5**	