

**FINAL EXAMINATION**  
**JULY 2021**

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MATRIC \_\_\_\_\_  
SECTION \_\_\_\_\_  
SEATING NO \_\_\_\_\_  
COURSE TITLE ENGLISH 1  
COURSE CODE FENG0114  
DATE/DAY 19 OCTOBER 2021 / TUESDAY  
TIME/DURATION 09:00 AM - 10:30 AM / 1.5 Hours

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**INSTRUCTIONS TO CANDIDATES :**

1. Please read the instruction under each section carefully.
2. Candidates are reminded not to bring into examination hall/room any form of written materials or electronic gadget except for stationery that is permitted by the Invigilator.
3. Students who are caught breaching the Examination Rules and Regulation will be charged with an academic dishonesty and if found guilty of the offence, the maximum penalty is expulsion from the University.

(This Question Paper consists of 15 Printed Pages including front page)

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**ATTENDANCE SLIP**

NAME \_\_\_\_\_ DATE \_\_\_\_\_  
MATRIC NO \_\_\_\_\_ SECTION \_\_\_\_\_  
PROGRAMME \_\_\_\_\_  
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**This paper has FOUR (4) reading passages. Each question is worth 2.5 marks. Answer ALL questions in the question paper. (100 marks)**

### Reading Passage 1

- I** If you're out and about on a sweltering day, it probably won't be long before you start to feel tired and sluggish. But why does being out in the heat bring on feelings of drowsiness? 1
- II** The reason for this lethargy is simple: Your body is working hard to keep you cool, and this extra labour makes you feel tired, said Dr. Michele Casey, the regional medical director at Duke Health in North Carolina. 5
- III** "Your body, especially in the sun, has to work hard to maintain a consistent, normal, internal temperature," Casey told Live Science.
- IV** On a hot day, your body makes several adjustments to maintain its temperature. For instance, it dilates your blood vessels, a process known as vasodilation, which allows more blood to flow near the skin's surface. This allows warm blood to cool off, releasing heat as it travels near the skin, Casey said. 10
- V** In addition to vasodilation, the body secretes sweat onto the skin. This sweat then cools the skin as it evaporates, Casey said. But in order to do this extra work, your heart rate increases, as does your metabolic rate (the number of calories your body needs to function), she said. 15
- VI** "All that work — increasing your heart rate, your metabolic rate — eventually makes you feel tired or sleepy," Casey said.
- VII** Furthermore, most people spend their lives slightly dehydrated. Being hot and sweaty only worsens that dehydration, and a symptom of dehydration is fatigue, she noted. 20
- VIII** Getting skin damage from the sun can also heighten dehydration. When the sun's rays beam down on your skin, it can cause pigmentation changes, wrinkles and burns. "These chemical changes actually cause fatigue," Casey said. "That's because your body is working to repair the damage." 25
- X** Sunburns impair your body's ability to regulate its temperature, she said. What's more, when you sunburn, your body diverts fluid from the rest of the body toward the burn in an attempt to heal the skin. This diversion means you have less fluid overall for sweating, which can lead to more dehydration and fatigue, Casey said. 30

### What to do

- XI** Often, people who are feeling hot might try to cool down with a cool drink, such as alcohol. But alcohol is a diuretic, meaning it may only increase 35 dehydration, Casey said. Coffee, on the other hand, is actually not a diuretic, according to recent studies. But the best way to fight dehydration is with water and a salty snack, such as pretzels or baked potato chips, Casey said.
- XII** She advised people to be aware of the symptoms of heat exhaustion: 40 sweating heavily, having a rapid pulse and feeling faint or sleepy. "If that happens, we recommend you get somewhere cool, drink water and see a physician if the symptoms don't improve within about an hour," Casey said.
- XIII** Heat stroke is a more serious condition, in which the body's core is 40 45 degrees Celsius or hotter. This condition requires emergency treatment, as it can lead to damage to the brain, heart, kidneys and muscle. Symptoms include high body temperature, nausea, vomiting, headache and changes in behaviour, such as confusion, agitation or irritability. Other symptoms are slurred speech, seizures or coma.
- XIV** To cool down, Casey advised going to a cooler environment, such as the shade or an air-conditioned area, especially during the hottest hours between 10 a.m. and 2 p.m. local time. It's also important to stay hydrated, she said.

*(Adapted from 'Why Does Being in the Heat Make Us Feel Tired?', Live Science)*

Questions 1 to 10 are based on Reading Passage 1.

Answer questions 1-10 in **NO MORE THAN FOUR (4) WORDS AND/OR A NUMBER**

1. What institution is Dr Casey affiliated with?

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2. What is the term for when your body dilates blood vessels?

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3. Why does the body produce sweat in hot temperatures?

- 
4. How do all the internal adjustments that the body makes affect a person?

- 
5. What is a result from the chemical changes sunrays cause to the skin?

- 
6. What do sunburns do to the body?

- 
7. What would alcohol do to a person who feels hot?

- 
8. What should a dehydrated person have to eat or drink?

- 
9. What is a possible symptom of heat exhaustion?

- 
10. When are the hottest hours of the day according to the passage?
-

## Reading Passage 2

- I Everyone knows where the happiest people in the world live—the United Nations tells us every single year. For the past several years, Finland has been ranked No. 1, sitting atop the pack of Nordic countries, which are all considered very happy. And since they've cracked the happiness code, as my colleague Joe Pinsker wrote recently, many of the rest of us are tempted to mimic Nordic habits. Live like a Finn—take a short walk in the forest, go ice swimming—and all will be well, right? 1 5
- II Not so fast. In order for the World Happiness Report and other international happiness indexes to compare self-reports of happiness, they have to assume that people around the world define happiness and answer happiness surveys in roughly the same way. If this assumption does not hold, then happiness indexes are about as reliable as a ranking of music quality based on how much residents of each country say they like their local songs. This would indicate something about each country's enthusiasm for their musical styles, but would provide little information about what music is objectively "best," given differences in people's traditions and tastes. 10 15
- III The research on how people around the world conceive of well-being, in fact, reveals some major differences among nations. Understanding these differences gives us a much richer picture of global happiness than any index can depict. But more important, it provides a suite of models for well-being that each of us can follow. 20
- IV On first pass, the ways people around the world say they experience happiness have some obvious commonalities. One 2016 study of 2,799 adults in 12 countries found that in all the nations studied, psychological definitions of happiness—"an inner state, feeling or attitude"—dominated all others. In particular, people worldwide said they found happiness in achieving "inner harmony." 25
- V Inner harmony might sound universal, but it can mean very different things in different places. For example, while shooting a documentary film in Denmark on the pursuit of happiness two years ago, I found that the Danes often described inner harmony in terms of *hygge*, which is something like coziness and comfortable conviviality. Meanwhile, I have found that Americans tend to define it in terms of their skills meeting their passions, usually in the context of work. 30
- VI So psychological definitions don't nail down happiness much. And from there, the differences among countries only widen. The same 2016 study cited above found, for example, that 49 percent of Americans referred explicitly to family relationships in their definition of happiness, while 35

Southern Europeans and Latin Americans generally conceived of it in terms of oneself: Just 22 percent of Portuguese, 18 percent of Mexicans, and 10 percent of Argentines talked about their families in their happiness definitions. 40

**VII**

Writing in the *International Journal of Wellbeing* in 2012, two Japanese scholars surfaced an important cultural difference in the definition of happiness between Western and Asian cultures. In the West, they found happiness to be defined as “a high arousal state such as excitement and a sense of personal achievement.” Meanwhile, in Asia, “happiness is defined in terms of experiencing a low arousal state such as calmness.” 45

**VII**

**I**

In large countries, even comparing people within the same borders can be difficult to accomplish accurately. Happiness is defined very differently in northern versus southern India, for example. And research shows that the United States is home to significant regional differences in personality characteristics. For example, people in the mid-Atlantic and Northeast regions tend to display more attachment anxiety (“When will you call?”), while the western states breed more attachment avoidance (“See you when I see you”). 50 55

**IX**

Even the words we use to talk about happiness have different connotations in different tongues. In Germanic languages, happiness is rooted in words related to fortune or positive fate. In fact, happiness comes from the Middle English hap, which means “luck.” Meanwhile, in Latin-based languages, the term comes from felicitas, which referred in ancient Rome not just to good luck, but also to growth, fertility, and prosperity. 60

**X**

In sum, cultures vary widely in their definitions of happiness. Therefore, it is impossible to say that one country is happier than another in some absolute sense, and a single index of “the happiest countries in the world” is not instructive. Happiness can be defined and measured in a lot of different ways. Maybe Finland is the happiest country by one definition; it is almost certainly not by another. Countries should be classified more than compared. 65

*(Adapted from 'Different Cultures Define Happiness Differently', The Atlantic)*

Questions **11** to **20** are based on Reading Passage 2.

For each of the statements, write

<b>TRUE</b>	If the statement agrees with the information
<b>FALSE</b>	If the statement contradicts the information
<b>NOT GIVEN</b>	If there is no information on this

11. Nordic countries in general are among the richest nations in the world. \_\_\_\_\_
12. Finland has been the happiest country in the world for several years. \_\_\_\_\_
13. The World Happiness Report measures happiness through how many life goals its respondents have achieved. \_\_\_\_\_
14. People around the world have to define happiness in different ways for happiness indexes to work. \_\_\_\_\_
15. Sixteen countries surveyed in 2016 considered the definition of happiness as 'inner harmony'. \_\_\_\_\_
16. Generally, Danes describe inner harmony as comfort whereas Americans would define it as pursuing their passions. \_\_\_\_\_
17. Portuguese, Mexican and Argentinean people often have large families hence they include family in their definitions of happiness. \_\_\_\_\_
18. Western definitions of happiness would generally include being in a state of tranquillity. \_\_\_\_\_
19. People from the same country usually have consistent definitions of happiness. \_\_\_\_\_
20. According to the passage, international happiness indexes do not provide much useful information. \_\_\_\_\_

**Reading Passage 3**



- I Isaiah Jewett wanted to show the world who he is, and he believed the place to do it would be the final of the men's 800 meters. In the past three months, he had graduated from USC, won an NCAA championship and, with a bold move, pulled an upset to make the toughest team in the toughest race. On Sunday night, more than anything else, he wanted to place in the top two of his semifinal heat and make the Olympic final. 1 5
- II Coming around the final turn, he ran in a tightly bunched pack, in close pursuit of three runners. He felt confident in his race strategy and believed in his stamina. And then he felt something clip his foot. Jewett lost his balance and, in the biggest race of his life, tumbled to the ground. One portion of his Olympics had ended. 10
- III There are athletes whose love for their sport radiates off them, and Jewett is one of those. He smiles on the start line. He races in sleek, black sunglasses. He hugs rivals at the finish line. In interviews, to describe his strategy or motivation, he often reaches for references to his beloved superhero anime — he watches a scene before every race. Even running the 800, the most grueling race, he relishes what he is doing. Each time he runs and discusses his race, it feels like an ode to the sport. 15
- IV "It's a whole concept of fighting," Jewett said. "You're learning things on the fly to get stronger and reach a new potential. I feel like track is like where you reach new potentials. You find your own superpower within the race. Whether it's somebody that runs in the back or somebody that runs in the front or somebody that runs a part of the race differently, that's their power. And it's cool to test your power and abilities against somebody else. And getting stronger as a human being — that's such a cool concept to me, that we can push our bodies and push our limits." 20 25
- V Jewett had established a reputation as a front-runner. At the NCAA championships, he took an immediate lead and demolished the field. At the U.S. trials, Jewett burst off the line and panicked typically unflappable world champion Donovan Brazier. In the first round in Tokyo, he stormed to the front and maintained the lead on the second lap. Just as two opponents passed him and it appeared he had faded, he summoned enough to finish in 1:45.07, the fastest preliminary he had ever run. 30 35
- VI
- VII "I realized my race strategy is what I am supposed to do to make me happy," Jewett said Friday. "Having fun is so much a part of this. If you're not having fun in the 800, you're going to burn out really fast." 40

- Jewett still felt confident as he neared the final stretch. He had wanted to stay outside to avoid traffic in a bunched race, but nearing the homestretch he had to move inside. As he prepared to kick, Jewett felt something hit the back of his heel. His right leg smacked into his left leg. He stumbled and collapsed to the brick-red track. His head thudded off the ground. Half of his body spilled on to the infield. Botswanan Nijel Amos, a veteran medal contender running right behind Jewett, tripped over him and crumpled next to him. 45
- VIII**
- Once Jewett scraped himself off the track, he took a step toward Amos. Jewett leaned over and extended his hand. "Come on, man," Jewett said. He pulled him to his feet.
- IX**
- X "I'm sorry," Amos said. 50
- X**
- XI "Let's just finish the race, man," Jewett said.
- Jewett and Amos put their arms around each other. They trotted slowly down the track, shoulder to shoulder, blood running down Jewett's right leg. 55
- XII**
- When Jewett crossed the finish line with Amos, the clock showed 2:38.12. They had finished nearly a minute behind the winners, but they had finished.
- XIII**
- "Regardless of how mad you are, you have to be a hero at the end of the day," Jewett said. "That was my version of trying to be a hero, standing up and showing good character, even if it's my rival or whoever I'm racing or if anything happened. I don't want to show any bad blood, because that's what heroes do. They show their humanity through who they are." 60
- XIV**
- Afterward, blood seeped on Jewett's right leg. His head hurt where it had banged off the track. He felt hopeful officials would grant his protest and he could run in the final, but while Amos was later reinstated, Jewett was denied. He felt blessed to have competed in the Olympics. 65
- XV**
- XVI "I felt like I had a really good chance of running into the final," Jewett said. "That's just super devastating because I felt like I was starting to show people who I am. I was going to show the world." 70
- He lost the opportunity to run Monday night. About one thing, Jewett was wrong. He did not make the 800-meter final, but the world knows who Isaiah Jewett is.

(Adapted from 'A runner fell during the race of his life. Then he did what he came to the Olympics to do', Washington Post)

Questions 21 to 30 are based on Reading Passage 3.

Choose the **BEST** answer.

21. What achievement did Jewett NOT manage to do?
- A. Graduated from USC
  - B. Won an NCAA championship
  - C. Qualified for the Olympics finals
  - D. Join the American Olympics delegation
22. How did Jewett feel about the biggest race of this life?
- A. Nervous
  - B. Overconfident
  - C. Calm
  - D. Self-assured
23. Before every race, Jewett \_\_\_\_\_.
- A. buys new sunglasses
  - B. hugs his rivals
  - C. watches a scene from his favourite anime
  - D. discusses racing philosophy
24. According to Jewett, how does a runner find their own superpower in a race?
- A. They learn how to get stronger as they are running.
  - B. They are able to find what makes them unique in their running styles.
  - C. They get to test their ability against someone else.
  - D. They get to grow stronger by pushing their limits.
25. What is Jewett's typical strategy in a race?

- A. Immediately running ahead of everyone at the start of a race
- B. Conserving stamina for most of the race before bursting ahead near the end
- C. Running at a consistent pace from start to finish
- D. Intimidating his opponents by running zigzag in his lane

For questions 26-30, answer in **NO MORE THAN FOUR (4) WORDS AND/OR A NUMBER**

26. Who did Jewett make flustered in the US Trials?

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27. Why did Jewett intend to stay outside in the race?

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28. Who is Nijel Amos?

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29. How did Jewett and Amos finish the race?

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30. Why did Jewett not react badly to the accident?

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#### Reading Passage 4

- I There was once a woman who had three daughters, of whom the eldest 1  
was named "One Eye," because she had only one eye in the middle of her  
forehead. The second had two eyes, like other people, and she was called  
"Two Eyes." The youngest had three eyes, two like her second sister, and