

**GAUTENG DEPARTMENT OF EDUCATION
SENIOR CERTIFICATE EXAMINATION**

**COMPUTER STUDIES SG
(First Paper: Practical)**

TIME: 3 hours

MARKS: 150

POSSIBLE ANSWERS OCT / NOV 2006

Question 1 Original

PHYSICAL ACTIVITY

What is physical activity?

Physical activity covers exercises like jogging, swimming, cycling, aerobics, but also being more physically active by, for example, using the stairs rather than the lift.

Advantages of physical activity.

- It can reduce the risk of heart disease while prolonging your life.
- It improves your metabolism, making you feel more energetic.
- It improves your mental health and state of mind.
- It helps you to cope with stress.
- Regular physical activity helps you to control your weight and stay fit.

How much physical activity is required?

Thirty minutes of physical activity most days of the week. (You should strive to exercise at least 3 days per week)

Moderate physical activity:

Dancing

Golf

Swimming (leisurely)

Cycling (leisurely)

Brisk walking

Vigorous physical activity:

Spinning

Aerobics

Tennis, Rugby, Hockey, Netball

Cycling (fast)

Running

Suggestions:

Set simple goals.

Start slowly, once or twice per week and build up gradually.

Keep a diary.

Persevere.

How to determine your heart rate:

To calculate your maximum heart rate, subtract your age in years from 220. To calculate a given percentage, multiply your maximum heart rate with 0,6 (for 60%), 0,7 (for 70%) etc. For example: a 20 year old person has a maximum heart rate of 200 beats per minute (220 - 20). When exercising at 70% his heart rate will be 140 beats per minute.

		HEART RATE			
		100%	90%	80%	70%
AGE	16	204	184	163	143
	17	203	183	162	142
	18	202	182	162	141
	19	201	181	161	141

Question 1 memo

examination number

PHYSICAL ACTIVITY

What is physical activity?

Physical activity covers excercises like jogging, swimming, cycling, aerobics, but also being more physically active by, for example, using the stairs rather than the lift.

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Aerobics
Tennis, Rugby, Hockey, Netball
Cycling (fast)
Running

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To calculate your maximum heart rate, subtract your age in years from 220. To calculate a given percentage, multiply your maximum heart rate with 0,6 (for 60%), 0,7 (for 70%) etc. For example: a 20 year old person has a maximum heart rate of 200 beats per minute (220 – 20). When exercising at 70% his heart rate will be 140 beats per minute.

		<u>HEART RATE</u>			
		100%	90%	80%	70%
AGE	16	204	184	163	143
	17	203	183	162	142
	18	202	182	162	141
	19	201	181	161	141

date

time

Font type	Whole document Arial ü			1
Heading	Bold ü	centre ü	font size 14ü	3
Sub headings:	Underlineü		All 5 ü	2
First paragraph:	line spacing 1.5ü		Justifyü	2
Bullets	Change to ðüü			2
Matige fisiese aktiwiteit Strawwe fisiese aktiwiteit Moderate physical activity Vigorous physical activity	Bordersü Both ü			5
	2 ü Columns ü			
	Vertical line ü			
Page break before: How to determine your heart rate Hoe om jou harttempo te berekenü				1
Page number:	Topü	Centreü	No number on first page ü	3
Last paragraph:	background blue ü	Left align 2 cm ü	Right align 2 cm ü	3
Table	Merge cells : AGEü. HEART RATEü		Text direction AGEü	10
	Bold: AGEü HEART RATEü		Borderü 3pt ü	
	Row height 1cm ü		Centre horizontalü verticalü	
Header :	examination number / eksamennummerü			1
Footer:	current üdate leftü	time right ü		3
TOTAL				36

Question 2 memo

Fit & Thin Biathlon

20 January 2007

Registration: 7:00

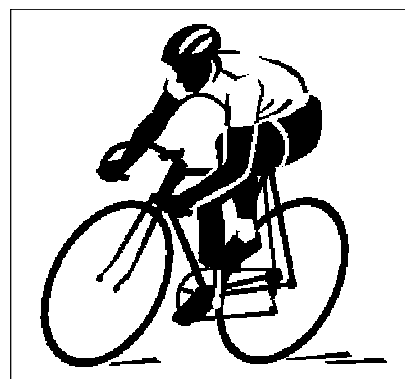
Entry fee: R10 per team/person on

1.



3 km running

2.



10 km cycling

Enquiries: Sally 0823334109

Prizes for first 3:

Boys

Girls

Mixed teams

A4ü			1		
Information	Date, Registration,Entry fee, Enquiries,3 km running, 10 km cycling, Prizesüüü -1 per error		Tabs 3cm, 10 cmü	4	
Name for Biathlon Naam vir tweekamp	Suitable / geskik ü		WordArtü	2	
Font	Different typesü		Different sizes ü	2	
Pictures	RunüDraf	CycleüFiets	Bordersü	3	
Star autoshapeü	Background greerü	Line DoubleüRedü		4	
TOTAL				10	

Question 3 original

NAME	GRADE	BIRTH DATE	AGE	HEIGHT (meter)	MASS (Kg)	BODY MASS INDEX (BMI)	FAT PERCENTAGE	
							JAN	NOV
Fourie Linda	12	89/03/12		1.64	51	19.0	22	19
Jansen Jolene	11	90/02/12		1.65	70	25.7	25	20
Hansen Lu-Anne	10	91/04/25		1.62	60	22.9	20	16
Lewis Clara	11	90/05/01		1.66	68	24.7	24	17
Tredoux Kim	11	90/11/24		1.6	52	20.3	18	18
Botha Mari	12	89/03/17		1.67	79	28.3	25	17
Chongo Leigh	11	90/12/04		1.65	76	27.9	28	23
Masser Germaine	10	91/03/27		1.63	58	21.8	17	16
Visser Nicolene	12	88/05/20		1.64	54	20.1	18	14
Arnolds Dalene	10	91/10/02		1.65	66	24.2	25	19
Martin Denise	11	90/07/16		1.65	75	27.5	28	23
Carpenter Theresa	11	89/12/21		1.66	88	31.9	37	25
Swart Jolene	12	89/06/24		1.68	74	26.2	28	23
White Alicia	10	91/05/04		1.65	60	22.0	17	17
Wheeler Marion	12	89/02/26		1.64	55	20.4	16	15
Lekau Mary	10	90/11/04		1.63	69	26.0	28	24

Question 3 memo**GRADE 10 - 12 GIRLS**

07/01/01

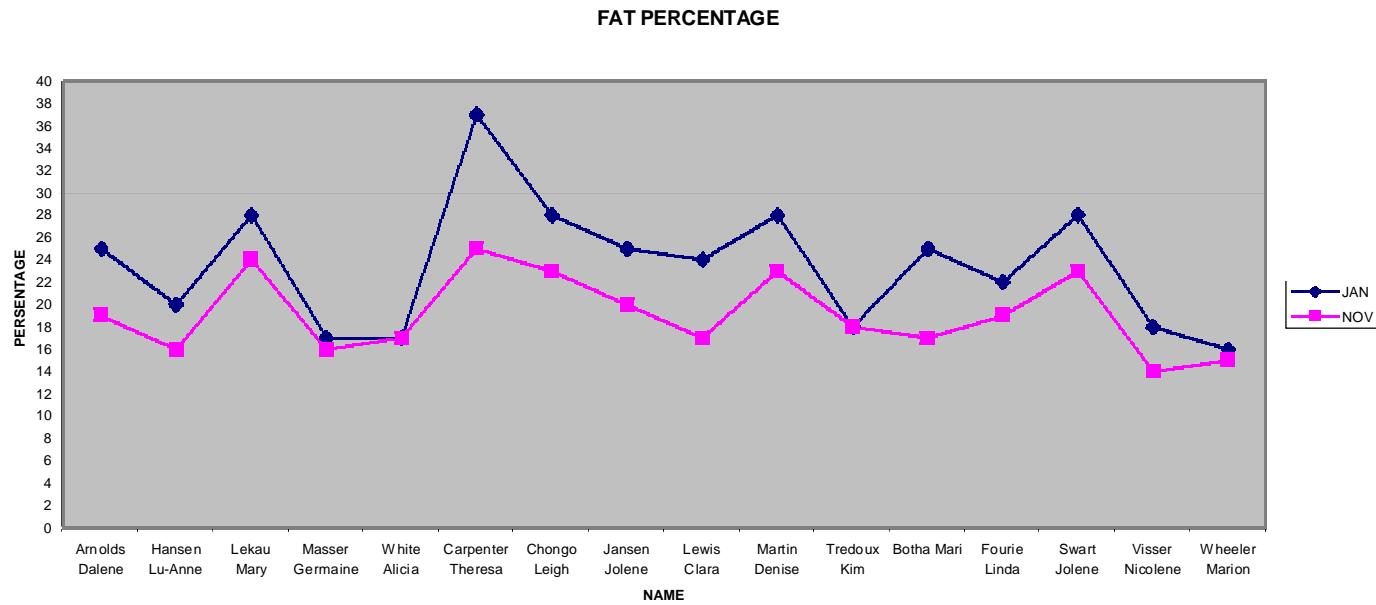
FAT PERCENTAGE

NAME	GRADE	BIRTH DATE	AGE	HEIGHT (meter)	MASS (Kg)	BODY MASS INDEX (LMI)	COMMENT	FAT PERCENTAGE	
								JAN	NOV
Arnolds Dalene	10	91/10/02	15	1.65	66	24.2	NORMAL	25	19
Hansen Lu-Anne	10	91/04/25	16	1.62	60	22.9	NORMAL	20	16
Lekau Mary	10	90/11/04	16	1.63	69	26.0	NORMAL	28	24
Masser Germaine	10	91/03/27	16	1.63	58	21.8	NORMAL	17	16
White Alicia	10	91/05/04	16	1.65	60	22.0	NORMAL	17	17
Carpenter Theresa	11	89/12/21	17	1.66	88	31.9	OVERWEIGHT	37	25
Chongo Leigh	11	90/12/04	16	1.65	76	27.9	OVERWEIGHT	28	23
Jansen Jolene	11	90/02/12	17	1.65	70	25.7	NORMAL	25	20
Lewis Clara	11	90/05/01	17	1.66	68	24.7	NORMAL	24	17
Martin Denise	11	90/07/16	16	1.65	75	27.5	OVERWEIGHT	28	23
Tredoux Kim	11	90/11/24	16	1.6	52	20.3	NORMAL	18	18
Botha Mari	12	89/03/17	18	1.67	79	28.3	OVERWEIGHT	25	17
Fourie Linda	12	89/03/12	18	1.64	51	19.0	UNDERWEIGHT	22	19
Swart Jolene	12	89/06/24	18	1.68	74	26.2	OVERWEIGHT	28	23
Visser Nicolene	12	88/05/20	19	1.64	54	20.1	NORMAL	18	14
Wheeler Marion	12	89/02/26	18	1.64	55	20.4	NORMAL	16	15
NUMBER OF GIRLS:	16								
AVERAGE MASS:					65.94				
NUMBER OVERWEIGHT:							5		
TALLEST GIRL:				1.68					

FORMULAS

NAME	AGE	BODY MASS INDEX (BMI)	COMMENT
Arnolds Dalene	=(F\$1-C4)/365	=F4/(E4*E4)	=IF(G4>25,"OVERWEIGHT",IF(G4<20,"UNDERWEIGHT","NORMAL"))
NUMBER OF GIRLS:	=COUNT(B4:B21)		
AVERAGE. MASS:	=AVERAGE(F4:F21)		
NUMBER OVERWEIGHT:	=COUNTIF(H4:H21,"OORGEWIG")		
TALLEST GIRL:	=MAX(E4:E21)		

QUESTION 3.12



QUESTION 3.13

Botha Mari	28.3
Fourie Linda	19.0
Swart Jolene	26.2
Visser Nicolene	20.1
Wheeler Marion	20.4

Orientation	Landscape		1
Heading	GRADE 10 – 12 GIRLS GRAAD 10 – 12 DOGTERS	16 pt	2
FAT PERCENTAGE VETPERSENTASIE	centre H – I		1
Column headings	Bold	Wrap text	C3 – G3
Column width	Legible / alles leesbaar		1
Row height	Height 15 (Row 4 – end)		1
Sort	according to grade	open line after each grade	4
AGE	(\$F\$1 – C4) / 365	Format as number	4
COMMENT / KOMMENTAAR	Insert column =IF (G4>25,"OVERWEIGHT",IF (G4<20,"UNDERWEIGHT","NORMAL"))		8
NUMBER OF GIRLS AANTAL DOGTERS	=COUNT (B4 :B21)		2
AVERAGE MASS GEM GEWIG	=AVERAGE (F4:F21)	2 dec	3
NUMBER OVERWEIGHT AANTAL OORGEWIG	=COUNTIF (H4:H21,"OVERWEIGHT") =COUNTIF (H4:H21,"OORGEWIG")		2
TALLEST GIRL LANGSTE DOGTER	=MAX (E4:E21)		2
Header	examination number		1
GRAPH			
Line graph	NAMES, FAT %		2
Heading	FAT PERCENTAGES VETPERSENTASIES		1
X-AXIS Y-AXIS	NAME / NAAM PERCENTAGE / PERSENTASIE		2
SERIES	JAN and NOV		1
SCALE	2		1
All the names			1
Fit onto 1 page			1
Name on graph THERESA CARPENTER			2
WORKSHEET GR12			
NAMES + BMI	correct data	Botha Mari Fourie Linda Swart Jolene Visser Nicolene Wheeler Marion	2
TOTAL:			49

Question 4 original

NAME: add the name here

A hearty welcome to the fitness club!

Please complete the following questionnaire to enable us to help you follow a healthy diet.

	YES	NO
Do you eat a variety of food?		
Do starches form the basis of most of your meals?		
Do you eat a lot of fruit and vegetables?		
Do you drink a lot of water?		
Do you follow a low fat diet?		

Your body mass index is add the body mass index here at the moment.
A normal body mass index is 19 – 24.

Regards
Peter Nordin

Question 4 memo

NAME: «NAME»

A hearty welcome to the fitness club!

Please complete the following questionnaire to enable us to help you follow a healthy diet.

	YES	NO
Do you eat a variety of food?		
Do starches form the basis of most of your meals?		
Do you eat a lot of fruit and vegetables?		
Do you drink a lot of water?		
Do you follow a low fat diet?		

Your body mass index is «BODY MASS INDEX» at the moment.
A normal body mass index is 19 – 24.

Regards
Peter Nordin

Form letter / Vormbrief	2	
Name.. BMI / LMI	2	
TOTAL	4	

Spreadsheets Q4

NAME	BODY MASS INDEX
Fourie Linda	19.0
Jansen Jolene	25.7
Hansen Lu-Anne	22.9
Lewis Clara	24.7
Tredoux Kim	20.3
Botha Mari	28.3
Chongo Leigh	27.9
Masser Germaine	21.8
Visser Nicolene	20.1
Arnolds Dalene	24.2
Martin Denise	27.5
Carpenter Theresa	31.9
Swart Jolene	26.2
White Alicia	22.0
Wheeler Marion	20.4
Lekau Mary	26.0

Question 5 original**Table GIRLS**

NAME	GRADE	TEL NUM	CLUB FEE	AEROBICS	SPINNING	PILATES
Fourie Linda	12	0829028556	500	Yes	No	No
Jansen Jolene	11	0834546710	400	Yes	Yes	No
Hansen Lu-Anne	10	0727654533	350	Yes	No	Yes
Lewis Clara	11	0721114452	200	Yes	Yes	Yes
Tredoux Kim	11	0827656465	300	Yes	Yes	No
Botha Mari	12	0827765554	500	Yes	No	No
Chongo Leigh	11	0837892443	100	Yes	No	Yes
Masser Germaine	10	0727654355	150	Yes	Yes	Yes
Visser Nicolene	12	0727765998	200	Yes	No	No
Arnolds Dalene	10	0746787777	300	Yes	No	Yes
Martin Denise	11	0827658787	500	Yes	No	No
Carpenter Theresa	11	0726785549	450	Yes	Yes	No
Swart Jolene	12	0746667493	350	Yes	No	Yes
White Alicia	10	0827394636	150	Yes	Yes	No
Wheeler Marion	12	0837822311	100	Yes	No	No
Lekau Mary	10	0744447241	400	Yes	No	Yes

Table BOYS

NAME	GRADE	TEL NUM	CLUB FEE	AEROBICS	SPINNING	PILATES
Klopper Johan	12	0827562323	400	Yes	Yes	No
Williams Barry	11	0837891243	500	Yes	No	No
Komalo James	10	0748974461	200	Yes	Yes	No
Wright Freddy	11	0823457112	500	Yes	No	No

Question 5 memo**Table GIRLS**

NUM	NAME	GRADE	TEL NUM	CLUB FEE	AEROBICS	SPINNING	PILATES
1	Fourie Linda	12	0829028556	R 500.00	Yes	No	No
2	Jansen Jolene	11	0834546710	R 400.00	Yes	Yes	No
3	Hansen Lu-Anne	10	0727654533	R 350.00	Yes	No	Yes
4	Lewis Clara	11	0721114452	R 200.00	Yes	Yes	Yes
5	Tredoux Kim	11	0827656465	R 300.00	Yes	Yes	No
6	Botha Mari	12	0827765554	R 500.00	Yes	No	No
7	Chongo Leigh	11	0837892443	R 100.00	Yes	No	Yes
8	Masser Germaine	10	0727654355	R 150.00	Yes	Yes	Yes
9	Visser Nicolene	12	0727765998	R 200.00	Yes	No	No
10	Arnolds Dalene	10	0746787777	R 300.00	Yes	No	Yes
11	Martin Denise	11	0827658787	R 500.00	Yes	No	No
12	Carpenter Theresa	11	0726785549	R 450.00	Yes	Yes	No
13	Swart Jolene	12	0746667493	R 350.00	Yes	No	Yes
14	White Alicia	10	0827394636	R 150.00	Yes	Yes	No
15	Wheeler Marion	12	0837822311	R 100.00	Yes	No	No
16	Lekau Mary	10	0744447241	R 400.00	Yes	No	Yes
17	Klopper Johan	12	0827562323	R 400.00	Yes	Yes	No
18	Williams Barry	11	0837891243	R 500.00	Yes	No	No
19	Komalo James	10	0748974461	R 200.00	Yes	Yes	No
20	Wright Freddy	11	0823457112	R 500.00	Yes	No	No

GIRLSXXX : Table

Field Name	Data Type	Description
NUM	AutoNumber	
NAME	Text	
GRADE	Number	
TEL NUM	Text	
CLUB FEE	Currency	
AEROBICS	Yes/No	
SPINNING	Yes/No	
PILATES	Yes/No	

Field Properties

General | Lookup

Field Size	Long Integer
Format	
Decimal Places	Auto
Input Mask	
Caption	
Default Value	0
Validation Rule	>=8 And <=12
Validation Text	ONLY 8 - 12
Required	No
Indexed	No

The field description is optional. It helps you describe the field and is also displayed in the status bar when you select this field on a form. Press F1 for help on descriptions.

GIRLSXXX : Table

Field Name	Date Type	Description
NUM	AutoNumber	
NAME	Text	
GRADE	Number	
TEL NUM	Text	
CLUB FEE	Currency	
AEROBICS	Yes/No	
SPINNING	Yes/No	
PILATES	Yes/No	

Field Properties

General | Lookup

Format: Yes/No
Caption:
Default Value: Yes
Validation Rule:
Validation Text:
Required: No
Indexed: No

The field description is optional. It helps you describe the field and is also displayed in the status bar when you select this field on a form. Press F1 for help on descriptions.

Table MEMBERS

NAME	GRADE	TEL NUM	CLUB FEE	AEROBICS	SPINNING	PILATES
Arnolds Dalene	10	0746787777	R 300.00	Yes	No	Yes
Botha Mari	12	0827765554	R 500.00	Yes	No	No
Carpenter Theresa	11	0726785549	R 450.00	Yes	Yes	No
Chongo Leigh	11	0837892443	R 100.00	Yes	No	Yes
Fourie Linda	12	0829028556	R 500.00	Yes	No	No
Hansen Lu-Anne	10	0727654533	R 350.00	Yes	No	Yes
Jansen Jolene	11	0834546710	R 400.00	Yes	Yes	No
Klopper Johan	12	0827562323	R 400.00	Yes	Yes	No
Komalo James	10	0748974461	R 200.00	Yes	Yes	No
Lekau Mary	10	0744447241	R 400.00	Yes	No	Yes
Lewis Clara	11	0721114452	R 200.00	Yes	Yes	Yes
Martin Denise	11	0827658787	R 500.00	Yes	No	No
Masser Germaine	10	0727654355	R 150.00	Yes	Yes	Yes
Swart Jolene	12	0746667493	R 350.00	Yes	No	Yes
Tredoux Kim	11	0827656465	R 300.00	Yes	Yes	No
Visser Nicolene	12	0727765998	R 200.00	Yes	No	No
Wheeler Marion	12	0837822311	R 100.00	Yes	No	No
White Alicia	10	0827394636	R 150.00	Yes	Yes	No
Williams Barry	11	0837891243	R 500.00	Yes	No	No
Wright Freddy	11	0823457112	R 500.00	Yes	No	No

Query ACTIVITY

ACTIVITY000 : Select Query

GIRLS000

*
NUM
NAME
GRADE
TEL NUM

Field:	NAME	AEROBICS	SPINNING	PILATES	
Table:	GIRLS000	GIRLS000	GIRLS000	GIRLS000	
Sort:					
Show:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Criteria:		Yes	Yes		
or:		Yes		Yes	

NAME
Jansen Jolene
Hansen Lu-Anne
Lewis Clara
Tredoux Kim
Chongo Leigh
Masser Germaine
Arnolds Dalene
Carpenter Theresa
Swart Jolene
White Alicia
Lekau Mary

Query GR 11

GR11XXX: Select Query

GIRLSXXX

*
NUM
NAME
GRADE
TEL NUM

Field:	NAME	TEL NUM	GRADE			
Table:	GIRLSXXX	GIRLSXXX	GIRLSXXX			
Sort:	Ascending					
Show:	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Criteria:			11			
or:						

NAME	TEL NUM
Carpenter Theresa	0726785549
Chongo Leigh	0837892443
Jansen Jolene	0834546710
Lewis Clara	0721114452
Martin Denise	0827658787
Tredoux Kim	0827656465

Query OWING

NAME	GRADE	OWING: 500-[CLUB FEE]			
GIRLSXXX	GIRLSXXX				
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

NAME	GRADE	OWING
Fourie Linda	12	R 0.00
Jansen Jolene	11	R 100.00
Hansen Lu-Anne	10	R 150.00
Lewis Clara	11	R 300.00
Tredoux Kim	11	R 200.00
Botha Mari	12	R 0.00
Chongo Leigh	11	R 400.00
Masser Germaine	10	R 350.00
Visser Nicolene	12	R 300.00
Arnolds Dalene	10	R 200.00
Martin Denise	11	R 0.00
Carpenter Theresa	11	R 50.00
Swart Jolene	12	R 150.00
White Alicia	10	R 350.00
Wheeler Marion	12	R 400.00
Lekau Mary	10	R 100.00

Report GRADE 11 GIRLS

GRADE 11-GIRLS	
NAME	TEL NUM
Jansen Jolere	0834546710
Lewis Clara	0721114452
Tredoux Kim	0827656465
Chongo Leigh	0837892443
Martin Denise	0827658787
Carpenter Theresa	0726785549

NUMBER 6

Report Header		TEL NUM
GRADE 11-GIRLS		
Page Header		
NAME	TEL NUM	
Detail		
NAME	TEL NUM	
Page Footer		
=Now()	EXAMINATION NUMBER	= "Page " & [Page] & " of " & [Pages]
Report Footer		
NUMBER		=Count([Name])

FORM

The screenshot shows the Microsoft Access Form Designer interface. The form is titled "INPUT : Form" and is in design view. The form is divided into two main sections: "Form Header" and "Detail".

- Form Header:** Contains a text box labeled "INPUT OF DATA".
- Detail:** Contains several fields:
 - A text box for "NAME (Surname then name)".
 - A dropdown menu for "SELECT GRADE" with "GRADE" selected.
 - A text box for "TEL NUM".
 - A text box for "CLUB FEE".
 - Three checkboxes: "AEROBICS" (checked), "SPINNING" (checked), and "PILATES" (checked).

The interface includes a "Toolbox" on the right with various controls and a "Navigation" pane on the left with options like Tables, Queries, Forms, Reports, Pages, Macros, and Modules.

TABEL LEARNERS.	
Rename Table: DOGTERSXXXü/GIRLSXXX	1
KLUBFOOI/ CLUB FEE: Currencyüü	2
GRAAAD/GRADE: Validation test >=8 AND <=12üü ONLY 8 - 12 Text message üü	4
AEROBIES/AEROBICS: Default YES	2
Column heading: VERSKULDIG: 500 ü- [KLUBFOOI]ü	2
Columns: NAME üGRADEü OWINGü	3
QUERY GR11..	
GRADE = 11 ü	1
Display: NAMEü TEL NUM ü	2
Sort alphabetically	2
Heading: GRADE 11 GIRLS / GRAAD 11 DOGTERS ü	1
Columns: NAME, TEL NUMüü - -1 for extra fields. (order of fields not important)	2
Formula =COUNT ü ([NAME)ü / (count ([TEL NUM]) Caption NUMBER / AANTALü	3
Picture üü	2
Page footer: Examination number	1
QUERY ACTIVITY/ AKTIWITEIT	
Aerobics AND Spinning ü OR ü Spinning AND Pilates ü OR Aerobics AND Pilates ü	4
Column NAME ü	1
FORMXXX / VORMXXX	
Create Form ü	1
Heading : DATA INPUT / INVOER VAN DATA üü	2
Caption: Surname first, then name ü	1
Combo box for grade üü	2
Table MEMBERS / LEDE	
Fields: üName, Grade, Tel num, Club fee, Aerobics, Spinning, Pilates	1
Primary key ü Autonumber ü	2
GIRLS üand BOYS ü	2
Sort Alphabetically üü	2
TOTAL	46